

The Art of Cuisine



Beef Barbacoa

Cooking Method: *Crock Pot*. Time to break tradition of Taco Tuesday with a new offering for your Taco Bar. Barbacoa is a rich, savory Mexican taco filling made with beef, tomatoes, jalapenos, savory broth, and Mexican spices.

- 1 ½ to 2 Lbs beef brisket
- 2 C. caned diced tomatoes with juice
- 1 C. mild salsa
- 2 C. chicken broth
- ¼ C. red wine
- 2 Tbsp. lime juice
- 1 ½ tsp. dried ground cumin
- 1 tsp. dried ground oregano
- 1 sliced and deseeded jalapeno
- 3 Tbsp. cilantro
- 1 large thickly sliced onions
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 Tbsp. olive oil

Combine all ingredients in a plastic bag. Marinate meat in all ingredients overnight or at least for 4 hours in refrigerator; turn bag over at least once while marinating. These ingredients can be frozen but needs to be completely thawed before cooking. Remove brisket from bag wipe clean any excess tomatoes and marinated juice off with a paper towel. Heat 2 tablespoon of the olive oil in a large heavy skillet over medium-high heat, brown brisket on all sides, making meat caramelized but still raw in the middle. Place the browned meat in crock-pot.

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