

YIELD: 8-12 SERVINGS

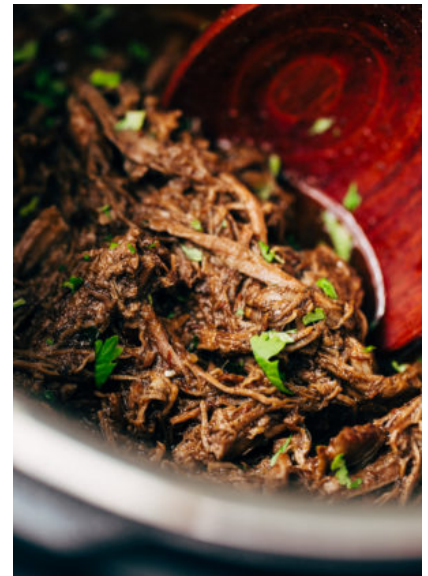
PRESSURE COOKER BARBACOA BEEF

prep time: 20 MINS	cook time: 1 HOUR 10 MINS	total time: 1 HOUR 30 MINS
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Pressure cooker barbacoa beef. This is my favorite, homemade shredded beef recipe made pressure cooker friendly! Serve the shredded meat in tortillas or turn it into a burrito bowl!

INGREDIENTS:

- 1 medium onion (see notes)
- 3 tablespoons apple cider vinegar
- ¼ cup lime juice
- 6 cloves garlic
- 2-4 chipotle peppers (to preference)
- 1 cup beef broth
- 4 teaspoons ground cumin
- 1 tablespoon dried oregano
- ½ teaspoon ground cloves
- 1 tablespoon tomato paste
- 2 ½ pounds chuck or round bottom roast (trimmed of excess fat)
- salt and pepper
- 1 tablespoon oil
- 2 bay leaves



DIRECTIONS:

1. Add the onion, vinegar, lime juice, garlic, chipotle peppers, beef broth, cumin, oregano, cloves, and tomato paste to a blender and blend until smooth.
2. Cut the chuck or round bottom roast into 3-4 large pieces. Season the meat with a good pinch of salt and pepper on all sides. Heat ½ the oil in the pressure cooker or instant pot and sear the meat for 7-8 minutes per batch (in two batches.) Add all the beef back into the pressure cooker along with the blended sauce and bay leaves. Cover the pressure cooker. On the instant pot, hit the 'beef/stew' button and let cook for 60-70 minutes depending on the thickness of the meat (mine took exactly 65 minutes). Allow the pressure to release naturally or turn to the 'vent' setting if you're impatient like me. Allow it to vent completely before attempting to remove the lid.
3. Discard the bay leaves and use two forks to shred the beef. Toss the beef in the juice, cover and allow the beef to soak up the juice for another 10 minutes or so. Serve as tacos, burritos, nachos, burrito bowls or however you like!

NOTES:

- I blended my onion but if you want it to present along with the meat, you can always dice it and add it in with the bay leaves for a chunkier texture like I do in my slow cooker version.

- To crisp up the beef under the broiler: Position a rack in the center of the oven and preheat to the 'broiler' setting. Drizzle 1 tablespoon of oil over the surface of a baking sheet. Add the shredded beef to the sheet pan with a few tablespoons of the liquid from the pressure cooker. Drizzle another tablespoon of oil on top. Stir to coat evenly. Broil for 6-12 minutes stopping half way to toss and drizzle another 1-2 tablespoons of cooking liquid. Rotate the pan for even broiling.

Recipe adapted from my [slow cooker barbacoa beef](#).^[3]

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[3] slow cooker barbacoa beef.: <http://littlespicejar.com/barbacoa-beef-slow-cooker/>