

Instant Pot Paleo Beef Barbacoa Tacos

Active Time: 25 minutes | Total Time: 2 hours | Serves: 10

Nutrition Information Per Serving

703 calories, 40.15 g carbohydrate, 9.82 g fiber, 30.33 g NET carbs, 39.74 g protein, 44.92 g fat

Ingredients

- 20 tortilla(s) Siete Foods Cassava & Coconut Tortillas
- 1 cup Kettle & Fire Beef Bone Broth
- 1 Tbsp Red Boat Fish Sauce
- 1 Tbsp coconut oil
- 1 small red onion, chopped
- 6 clove(s) garlic, smashed
- 16 Tbsp(s) cilantro, chopped
- 1 Tbsp lime juice
- 2 Tbsp(s) apple cider vinegar
- 1 Tbsp blackstrap molasses
- 1/2 tsp(s) sea salt
- 1 tsp dried thyme
- 1 tsp ground ginger
- 2 whole stick(s) cinnamon
- 4 medium(s) avocados, diced
- 4 whole(s) limes, cut into wedges
- 1/2 head(s), medium green cabbage, shredded
- 3 whole (s) bay leaves
- 64 ounce(s) grass-fed bottom round roast

Preparation

1. Mix all dry spices together. Pat meat dry with paper towels and rub spice mixture liberally around. Save any remaining mix. Optional: wrap meat in plastic wrap and refrigerate for 24 hours for additional marinating.
2. Separate half of the onion and cilantro for garnish and reserve.
3. Set pressure cooker setting to "sauté" and melt coconut oil. Add onions and sauté until translucent.
4. Add garlic, cilantro, bay leaves and cinnamon to the pot.
5. Slice meat into 2 to 3 large pieces and place on top of herbs. Sprinkle any remaining spices on top.
6. Add fish sauce, molasses, apple cider vinegar, bone broth and lime juice. Meat should be partially submerged. If not, top with water.
7. Lock the pressure cooker, cook for 1 hour and let it release naturally. Using tongs, remove the beef and place on a cutting board. Shred using a fork.
8. Remove the bay leaves and cinnamon sticks. Return the beef to the pot and stir. Warm tortillas.
9. Serve barbacoa with warm tortillas, lime wedges, cilantro, onions, diced avocado, lime wedges and shredded cabbage.

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