

# Easy Barbacoa

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♥ [lowcarblove.com/blog/keto-barbacoa](https://lowcarblove.com/blog/keto-barbacoa)

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Servings: 6

## Meat

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### Ingredients:

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- 1.5 pounds beef brisket
- 1/2 white onion, halved
- 3 cloves garlic
- 2 bay leaves
- salt (discount code: lowcarblove) to taste
- water to cover
- 3 small guajillo chile peppers, seeded and deveined

### Directions:

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If using a Pressure Cooker (Steps 1-9)

1. Sear your beef brisket on all sides.
2. Place the brisket in a stovetop pressure cooker and all the ingredients (for meat and sauce)
3. Cook for 1 hour 15 minutes
4. Once the pressure cooker is ready to
5. Remove brisket from the pressure cooker and set aside.
6. Strain the cooking liquid. Take what is in the strainer and add it to a blender plus 2 cups of the broth and reserve the rest..
7. Blend well and add salt to taste.
8. Place brisket and blended sauce in the pressure cooker pot and simmer it for 30 minutes on the stovetop slightly covered.
9. Remove from heat and serve!

If cooking stovetop (Steps 1-2)

1. Sear brisket on each side.
2. Add brisket to a pot with water to cover it add in the onion, 1 clove of garlic, bay leaves, guajillo peppers and salt to taste. Boil until meat is tender. Anywhere between 3 to 4 hours.

## Sauce

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### Ingredients:

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- 1 small ancho chile pepper, seeded and deveined
- 1.5 tablespoons white vinegar
- 2 whole cloves
- 2 whole allspice berries
- 1/4 teaspoon ground black pepper

- 1/8 teaspoon dried oregano
- 1/2 teaspoon of chicken bouillon
- 1/8 teaspoon dried thyme
- 1/8 teaspoon cumin seeds
- 1/8 teaspoon ground ginger
- 1 pinch ground cinnamon
- salt (discount code: lowcarblove) to taste

### **Directions:**

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1. Combine guajillo chile peppers and ancho chile peppers in a saucepan. Cover with water, bring to a boil, and cook for 5 minutes. Remove from heat and let stand in the hot water until softened, about 5 minutes and drain
2. Combine softened chile peppers, vinegar, garlic, cloves, allspice, black pepper, oregano, thyme, cumin, ginger, cinnamon and reserved 2 cups cooking liquid; blend until thick and very smooth.
3. Pour sauce into a pot over medium heat and season with salt.
4. Bring to a soft boil; reduce the heat to low. Stir in shredded beef, coating completely with sauce.
5. Cover pot and cook until flavors combine, at least 30 minutes.

### **Nutrition:**

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#### Nutrition per serving:

- 3g Net Carbs
- 1g Fiber
- 3g Net Carbs
- 36g Protein

- 10g Fat
- 252 Calories