

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

# Barbacoa Beef

**Date:**

**Additional Ingredients:**

- 1/2 Cup Water

**Slow Cooker:**

- Empty the thawed contents of the bag into a slow cooker and add 1/2 cup Water.
- Cook on low for 8-10 hours or on high for 5-7 hours.

**Pressure Cooker:**

- Empty the frozen contents of the bag into a pressure cooker and add 1/2 cup Water.
- Turn the pressure to high and cook for 60 minutes, with natural pressure release.

**Additional Instructions:**

- Remove Bay leaves. Shred beef and return to pot and mix into sauce.
- This meat can be used to make tacos, burritos, enchiladas, salads, and taquitos – the possibilities are endless!

*freezermealprep.pro*