

## RECIPE



# SLOW COOKER MEXICAN LASAGNA WITH BARBACOA

6 TO 8 SERVINGS



## INGREDIENTS

### BARBACOA BEEF:

4 lbs. beef chuck roast

2 Tbsp. olive oil

Kosher salt

Black pepper

3 dried guajillo peppers

3 - 4 chipotle chilis in adobo

4 cloves minced garlic

½ cup beef broth

3 Tbsp. lime juice

3 Tbsp. apple cider vinegar

1½ Tbsp. ground cumin

1 Tbsp. dried oregano

¼ tsp. ground cloves

### LASAGNA:

2-16 ounce jars salsa

12 corn or flour tortillas

1-15.5 oz. can pinto beans, drained and rinsed

1 red onion, diced

2 c. shredded jack cheese

Sour cream, for garnish

1 avocado, chopped (optional)

Queso fresco, crumbled (optional)

Fresh cilantro, for garnish (optional)

## INSTRUCTIONS

### BARBACOA BEEF:

① Wash hands with soap and water.

② Place dried peppers into a bowl filled with water until covered. Soak 30-60 minutes until softened.

③ Preheat oven to 300 °F.

④ Season chuck roast with salt and pepper. Heat a large cast iron pot over high heat. Add in olive oil. Sear chuck roast on all sides. Once seared, remove pot from heat and set aside. Wash hands with soap and water.

⑤ In a blender, add soaked guajillo peppers, chipotle, garlic, broth, lime juice, cider vinegar, cumin, oregano, cloves, ½ teaspoon salt, and ¼ teaspoon black pepper. Blend until smooth, adding more broth if necessary to thin it out. Taste and adjust seasoning by adding more salt, pepper, or lime.

⑥ Pour sauce over chuck roast. Cover with the lid and cook for 3 hours, until meat is tender and the internal temperature reaches 145 °F on food thermometer.

⑦ Use two forks to shred barbacoa.

### LASAGNA:

① Gently rub cilantro under cold running water.

② Lightly spray the inner bowl of the slow cooker with cooking spray. Spread a 1 cup of salsa on the bottom of the cooker.

③ Place a single layer of tortillas on top of the salsa, cutting them if necessary to fit the crock pot and covering the salsa completely.

④ Place a layer of shredded barbacoa beef on top of the tortillas. Top with ⅓ each of the beans, onions, remaining salsa, and cheese.

⑤ Add another layer of tortillas on top of the cheese. Repeat the layers two more times, beginning with beef and ending with cheese

⑥ Cover and slow cook on low for 3 hours.

⑦ Served with a drizzle of sour cream, chopped avocado, queso fresco, and cilantro, if desired.

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

RECIPE COURTESY OF: [TheCrumbyKitchen.com](http://TheCrumbyKitchen.com)

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

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