

Beef Barbacoa Tacos ?

Cooking Instructions

This dish includes 3 parts: Beef, Tortillas, and Cheddar Cheese.

Note: We recommend a 2-quart mini slow cooker to help ensure this dish does not dry out. Instant Pot can be any size.

Cooking Method – Choose One:

Slow Cooker: QuickThaw beef by submerging the well-sealed bag in water for 10–15 minutes. Add contents of Ziploc plus 1/4 cup water to slow cooker. Slow-cook on low to medium heat for 6–8 hours, or on high for 3–4 hours. Time may vary for several reasons; the important thing is to cook until beef is tender and can be shredded. Remove beef from slow cooker, reserving liquid. Shred beef with fork and fingers. Toss shredded beef in reserved liquid.

Freezer to Instant Pot: Add 1 cup water to Instant Pot. Cook on high pressure for 60 minutes. Quick release. Remove meat, shred, and put back in pot with liquid. Use sauté function and evaporate most of the liquid, approximately 5–10 minutes.

Internal temp: 165°F.

Serving Suggestions: Spoon beef into tortillas and top with included cheddar cheese and fresh cabbage. Add jalapeños, sour cream, or pico de gallo if desired. Corona Beer.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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