



CHICKEN BARBACOA

COOK TIME: 3 - 4 HOURS | SERVINGS: 8

NOTE: Once finished, simply lift the SeparAide™ and strain.



HIGH PROTEIN



SERVES 8+



LOW CARB

INGREDIENTS

- 3 lbs Top roast
- 2 onions, finely chopped
- 3 T. oil
- 4 1/2 tsp. garlic, minced
- 1/1/4 T ground cumin
- 2 T. oregano
- 1 can (7 oz.) chipotle peppers in Adobo sauce
- 1 c. chicken broth
- 1 1/4 c water
- 1 T. bay leaves
- 2 1/4 T. white vinegar

SAUCE INSTRUCTIONS

In mixing bowl combine everything EXCEPT roast. Mix thoroughly.

COOKING INSTRUCTIONS

Pour a small amount of the mixture in to the bottom of the SeparAide™. Place the roast on top of the sauce. Then pour rest of sauce mixture on to the roast. Cook on low 8 - 10 hours. After the roast has cooked, using two forks, shred the roast.