



BY KAREN LOGAN

Serves 4-6

Prep time: 10 minutes

Pressure Cooker time: 1 hour

INGREDIENTS:

1.5 -2 lbs. beef chuck roast
 6 oz Belgian White Ale
 3 oz lime juice
 3 oz beef stock (or water)
 3 garlic cloves
 1 onion (yellow or white)
 2 chipotles in adobo sauce
 ½ can Ro-Tel tomatoes (diced tomatoes & green chilies)
 2 tbsp cumin
 ½ tsp coriander, optional
 2 tsp salt
 1 tbsp oil (olive or canola)

DIRECTIONS:

Blend beer, lime, beef stock, garlic, onion, chipotles, Ro-Tel and spices in a blender or food processor until saucy. Heat oil in bottom of pressure cooker (sauté function on Insta-pot) and brown beef on all sides. Pour blended sauce over beef and stir around. Set the pressure cooker on high and cook for 1 hour. Make sure you reference your pressure cooker's manual for safe sealing, cooking, & venting). Manually release heat after 1 hour and transfer meat to a serving dish. Shred the beef and add a little of the sauce from the pot to keep moist.

Want extra flavor? Add 2-3 bay leaves to the pot before cooking (remove after cooking). Add ¼ tsp of ground cloves to spice mix. Add 1-2 extra chipotles to the blend for heat.

No pressure cooker? No problem. Cook in 3-4 hours in your slow cooker (on high), braise in oven 275° or simmer on stovetop.

Serve with cilantro, limes, avocado, queso fresco & hot sauce on your favorite taco shell or with any of your favorite toppings.

Beer Pairing:
German Attbier