

# Health-Full Eating & Nutrition



## Instant Pot Barbacoa Recipe

Instant pots make cooking easy. It's multiple cooking appliances in one. So complex dishes are easy to make, like this barbacoa recipe:

### Ingredients:

- 1 tablespoon vegetable oil
- 2.5 lbs chuck roast
- 1 cup beef broth low sodium
- 2 teaspoons kosher salt
- ½ teaspoon black pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 lime
- Cilantro chopped for garnish

### Instructions

1. Leave your chuck roast at room temperature for 30 minutes before searing for best results.
2. Set your instant pot to sauté, and “more” so the heat is at its highest setting. Heat vegetable oil and sear the roast on all sides.
3. While the roast is searing, combine seasonings, salt and pepper into a bowl. Pull roast from instant pot and season it thoroughly with the mixture.
4. Deglaze instant pot with the beef broth. Set pressure to high and cook the chuck roast for 90 minutes. After time is up, let it natural pressure release. When the valve drops, shred barbacoa. Squeeze lime over the meat and sprinkle cilantro. Enjoy!

### References:

[www.number-2-pencil.com/instant-pot-barbacoa-recipe3/](http://www.number-2-pencil.com/instant-pot-barbacoa-recipe3/)



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## Air Fryer Garlic Butter Salmon Recipe

Air fryers don't actually fry food. Actually frying food means submerging it in oil to cook. An air fryer works more like an oven but faster. It heats up the air fast enough to give your food a crispiness like a real fried food without all the extra fat and all the extra steps. Try the recipe below for a simple-to-make, healthy meal.

### Ingredients:

- 2 salmon fillets with skin
- 2 tablespoons butter, melted
- 1 teaspoon minced garlic
- 1 teaspoon Italian parsley, chopped
- Salt and pepper to taste

### Instructions

1. Preheat air fryer to 360 degrees.
2. Season salmon with salt and pepper then add garlic and parsley to melted butter in a bowl.
3. Baste the salmon with butter mixture then place inside the air fryer skin side down.
4. Cook for about 10 minutes until the salmon flakes easily.



### References:

<https://www.everydayfamilycooking.com/air-fryer-salmon/>