

Treasure Barrel

Tender Beef Shoulders With Coconut Water

20 min Prep time	**2 h 30 min** Cook time	**2 h 50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Beef

- [ ] 3-4 lbs beef shoulder roast, cut into large 3-inch chunks
- [ ] 2 tbsp neutral oil (like avocado or grapeseed)
- [ ] 1 large yellow onion, thinly sliced
- [ ] 6 cloves garlic, minced
- [ ] 4 cups unsweetened coconut water
- [ ] 2 bay leaves
- [ ] 1 ½ tsp kosher salt
- [ ] 1 tsp freshly cracked black pepper

For Serving (Optional)

- [ ] Chopped fresh cilantro or parsley
- [ ] Steamed white rice or mashed potatoes

Instructions

1. Pat the beef shoulder chunks completely dry with paper towels. This is important for browning. Season all over with the salt and pepper. Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Working in batches to avoid crowding, sear the beef until deeply browned on all sides, about 3-4 minutes per side. Transfer the browned beef to a plate.

2. Reduce the heat to medium. Add the sliced onion to the same pot. Cook, stirring occasionally, until the onions have softened and started to turn golden, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.

3. Return the seared beef and any accumulated juices back to the pot. Pour in the coconut water—it should come about halfway up the sides of the beef. Add the bay leaves. Bring the liquid to a gentle simmer.

4. Once simmering, reduce the heat to low. Cover the pot with a tight-fitting lid. Let it cook gently for 2 to 2 ½ hours, or until the beef is incredibly tender and easily shreds with a fork. Check occasionally to ensure it's at a bare simmer, not a rolling boil.

5. When the beef is done, carefully remove it from the pot with a slotted spoon and place it on a serving platter. Tent loosely with foil. If you have time, let the sauce settle for a few minutes, then skim off any excess fat from the surface with a spoon.

6. To serve, you can shred the beef slightly or serve it in chunks. Spoon some of the hot sauce from the pot over the top. Garnish with fresh herbs if using. This is a fantastic hearty meal that satisfies deeply, perfect after a long day.

Nutrition per serving

420 kcal	38 g	8 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- For best results, do not boil the beef aggressively. A gentle simmer is key to tender meat.
- Leftovers are excellent for sandwiches or tacos the next day.
- If the coconut water reduces too much during cooking, you can add a little hot water to reach your desired sauce consistency.