



Beef Barbacoa Tacos

 **Gluten Free**  **Dairy Free**

READY IN



165 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds beef chuck cut into 1- to 2-inch pieces
- 6 servings pepper black freshly ground
- 0.3 teaspoon cayenne pepper
- 6 servings corn tortillas assorted warmed for serving
- 0.3 teaspoon thyme leaves dried
- 1 cup cilantro leaves fresh roughly chopped (leaves and stems)
- 8 cloves garlic unpeeled

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 8 guajillo chiles dried stemmed seeded
- 6 servings kosher salt
- 2 plum tomatoes quartered
- 1 small onion white quartered

Equipment

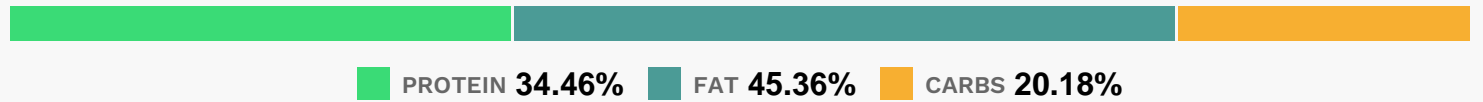
- frying pan
- sieve
- blender
- spatula
- dutch oven
- tongs

Directions

- Heat a large cast-iron skillet or Dutch oven over medium-high heat.
- Add the chiles and cook, pressing them down with a spatula, 10 seconds per side; transfer to a plate.
- Add the tomatoes, onion and garlic to the skillet and cook, stirring once or twice, until the vegetables are charred in spots, about 10 minutes.
- Peel the garlic and transfer to a blender along with the tomatoes and onion (reserve the skillet). Tear the chiles into pieces and add to the blender along with 1/2 cup water and 1 teaspoon salt; pulse until smooth. Strain the mixture through a fine-mesh sieve into the skillet, pressing it through with the back of a spoon.
- Add the beef to the skillet and turn to coat in the chile sauce using tongs. Cook over medium-high heat, turning occasionally, until a crust starts to form on the meat, about 10 minutes.
- Sprinkle in the cumin, cinnamon and cayenne pepper and cook 1 more minute. Meanwhile, puree 2 1/2 cups water, the cilantro and thyme in the blender; add to the skillet along with the bay leaves.

- Reduce the heat to low. Cover and gently simmer until the meat is very tender, about 2 hours, adding up to 1 1/2 cups water if the sauce gets too thick.
- Remove the bay leaves and season with salt and black pepper.
- Serve in tortillas with assorted toppings.
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:41.92, Glycemic Load:5.89, Inflammation Score:-8, Nutrition Score:22.799130387928%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 360.69kcal (18.03%), Fat: 18.52g (28.49%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 14.78g (5.38%), Sugar: 3.26g (3.63%), Cholesterol: 104.33mg (34.78%), Sodium: 335.99mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.32%), Zinc: 11.89mg (79.28%), Vitamin B12: 4.13µg (68.79%), Selenium: 33.58µg (47.97%), Phosphorus: 392.03mg (39.2%), Vitamin B6: 0.76mg (38.1%), Vitamin B3: 7.55mg (37.74%), Vitamin A: 1650.45IU (33.01%), Iron: 4.15mg (23.06%), Potassium: 740.81mg (21.17%), Vitamin B2: 0.31mg (18.24%), Vitamin K: 18.34µg (17.46%), Manganese: 0.31mg (15.53%), Fiber: 3.76g (15.04%), Magnesium: 57.83mg (14.46%), Vitamin B5: 1.08mg (10.75%), Vitamin B1: 0.15mg (10.17%), Copper: 0.18mg (9.1%), Vitamin C: 7.25mg (8.78%), Calcium: 67.61mg (6.76%), Vitamin E: 0.73mg (4.86%), Folate: 15.61µg (3.9%), Vitamin D: 0.15µg (1.01%)