



Birria Tacos

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



230 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon achiote paste (available at Latin markets)
- 2 ancho chile peppers dried stemmed seeded
- 12 peppercorns black
- 3 pounds beef short ribs bone-in
- 5 california chile peppers dried stemmed seeded
- 12 corn tortillas warmed
- 1 pinch cumin seeds
- 4 cloves garlic

- 8 servings kosher salt
- 8 servings lime wedges for serving
- 8 servings pickled onions red for topping (below)
- 5 pasilla chile peppers dried stemmed seeded
- 8 servings pepper freshly ground
- 4 medium tomatoes cored quartered
- 1 small onion white quartered

Equipment

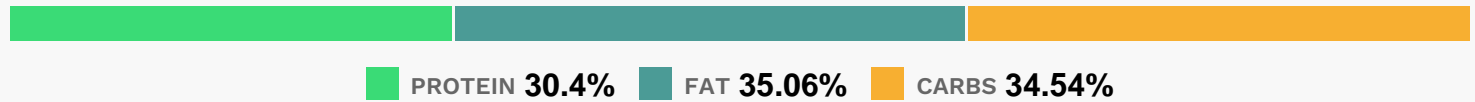
- pot
- sieve
- blender
- ziploc bags
- slotted spoon
- tongs
- cutting board

Directions

- Put the short ribs in a large heavy pot. Season with 3 teaspoons salt and cover with water by about 1 inch. Bring to a boil over medium heat, skimming any foam from the surface. Reduce the heat to low and simmer until the meat is tender, 2 hours, 30 minutes to 3 hours.
- Transfer the short ribs to a cutting board with a slotted spoon and let cool slightly, then shred the meat from the bone. Skim the fat off the broth in the pot; reserve the broth.
- Meanwhile, soak the dried chiles in warm water until soft, about 30 minutes.
- Drain and transfer to a blender; add the tomatoes, onion, garlic, peppercorns, achiote paste and cumin and process until smooth, adding water if necessary.
- Mix about 1 cup reserved broth into the chile puree, then pour the puree through a fine-mesh sieve into the pot of broth. Bring to a boil, then reduce to a simmer and cook until thickened, about 30 minutes.
- Add the shredded meat and simmer 10 more minutes. Season with salt and pepper.

- Use tongs to divide the meat among the tortillas. Top with pickled onions; serve with the remaining cooking liquid and lime wedges.
- Pickled Red Onions
- Mix 1 thinly sliced large red onion, 3/4 cup each white vinegar and water, 6 tablespoons sugar and 1/2 teaspoon each crumbled oregano and salt in a large resealable plastic bag; seal and shake, then refrigerate at least 24 hours.
- Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:10.42, Inflammation Score:-10, Nutrition Score:29.116522249968%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 368.86kcal (18.44%), Fat: 14.67g (22.57%), Saturated Fat: 5.67g (35.47%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 25.69g (9.34%), Sugar: 8.98g (9.98%), Cholesterol: 73.26mg (24.42%), Sodium: 308.89mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.27%), Vitamin C: 93.49mg (113.32%), Vitamin B12: 4.21µg (70.16%), Vitamin A: 3368.63IU (67.37%), Vitamin B6: 1.01mg (50.29%), Zinc: 6.83mg (45.5%), Phosphorus: 417mg (41.7%), Vitamin B3: 6.67mg (33.36%), Selenium: 21.13µg (30.18%), Potassium: 1031.19mg (29.46%), Fiber: 6.84g (27.36%), Iron: 4.52mg (25.12%), Manganese: 0.46mg (23.11%), Vitamin B2: 0.39mg (22.77%), Vitamin K: 22.68µg (21.6%), Magnesium: 84.69mg (21.17%), Vitamin B1: 0.23mg (15.46%), Copper: 0.29mg (14.35%), Folate: 38.05µg (9.51%), Vitamin E: 1.11mg (7.42%), Vitamin B5: 0.72mg (7.18%), Calcium: 66.12mg (6.61%)