



Cola Shredded Beef Tacos

 Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium ancho chili pepper dried
- 6 servings beef
- 1 cup tomatoes diced canned
- 2 tablespoons canola oil divided
- 2 pounds beef chuck cut into 4 pieces
- 1.5 cups coca-cola sweetened (cane-sugar) (not diet)
- 12 corn tortillas thin (6-in. size; use 24 if they're and floppy)
- 6 servings crema mexicana sour red thinly sliced chopped

- 0.5 teaspoon cumin seeds
- 1 bay leaves dried
- 2 large garlic clove sliced
- 2 large guajillo chiles* dried
- 2 teaspoons kosher salt divided
- 1 teaspoon oregano dried
- 0.3 cup onion red finely chopped
- 6 servings frangelico
- 6 servings frangelico

Equipment

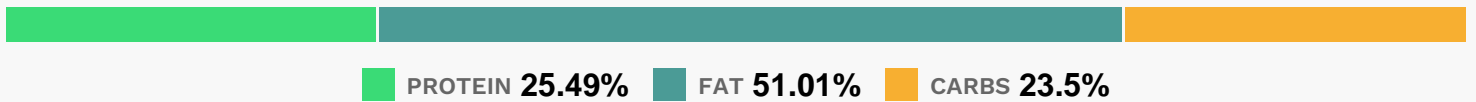
- bowl
- sauce pan
- pot
- blender
- slotted spoon

Directions

- Make sauce for beef: Wipe chiles clean with a damp cloth, stem and seed, and tear into pieces.
- Heat 1 tbsp. oil in a heavy medium saucepan over medium heat. Saut onion and garlic until softened, 1 to 2 minutes.
- Add chiles and cook, stirring, until fragrant, 1 to 2 minutes.
- Add 1 1/2 cups water, the cumin, tomatoes, oregano, and 1 tsp. salt. Bring to a boil, then reduce heat and simmer, covered, until chiles are softened, about 10 minutes. Pure sauce in a blender until very smooth.
- Meanwhile, season beef with the remaining tsp. salt.
- Heat the remaining tbsp. oil in a 5- to 6-qt. pot over medium-high heat. Brown beef, turning occasionally, 10 to 14 minutes. Discard fat, if any.

- Pour sauce into pot and add bay leaf, cola, and a little water if needed to barely cover meat. Cover, reduce heat, and simmer until beef is very tender, 3 hours.
- With a slotted spoon, transfer beef to a plate.
- Let cool slightly, then tear into shreds, discarding any fat or gristle. Meanwhile, boil sauce over medium-high heat, stirring occasionally, until slightly thickened and reduced to about 3 cups, 10 to 30 minutes. Stir in beef and heat a few minutes until hot.
- Remove bay leaf.
- Make tacos: With a slotted spoon, transfer beef with some sauce to a bowl. Spoon beef into tortillas (double tortillas if they're thin), tuck in accompaniments, and serve with remaining sauce if you like.
- *Find in the Latino foods aisle or spice aisle of a supermarket, or at a Latino market.
- Make ahead: Through step 3; chill, covered, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:13.85, Inflammation Score:-10, Nutrition Score:38.314782427705%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 764.2kcal (38.21%), Fat: 44.06g (67.79%), Saturated Fat: 14.9g (93.1%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 36.35g (13.22%), Sugar: 15.15g (16.83%), Cholesterol: 172.63mg (57.54%), Sodium: 1117.28mg (48.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 49.55g (99.11%), Zinc: 15.9mg (106.03%), Vitamin A: 5088.46IU (101.77%), Vitamin B12: 5.95µg (99.11%), Selenium: 48.02µg (68.6%), Vitamin B3: 12.85mg (64.26%), Phosphorus: 631.33mg (63.13%), Vitamin B6: 1.19mg (59.4%), Iron: 7.29mg (40.51%), Fiber: 9.33g (37.32%), Vitamin B2: 0.63mg (37.12%), Potassium: 1274.81mg (36.42%), Vitamin K: 30.61µg (29.15%), Magnesium: 103.91mg (25.98%), Manganese: 0.43mg (21.46%), Vitamin E: 2.52mg (16.83%), Vitamin B5: 1.65mg (16.55%), Copper: 0.3mg (15.24%), Vitamin B1: 0.22mg (15%), Calcium: 139.94mg (13.99%), Vitamin C: 10.41mg (12.62%), Folate: 27.94µg (6.98%), Vitamin D: 0.24µg (1.57%)