



Easy Lamb Birria

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 6 large garlic cloves
- ☐ 3 guajillo dried
- ☐ 2 teaspoons kosher salt
- ☐ 4 pounds lamb stew meat

- ☐ 2 limes
- ☐ 1.5 cups beef broth reduced-sodium
- ☐ 1 onion white chopped

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Cover lamb with cold water; squeeze in juice from 1/2 lime (adding rind) and add a few pieces of the chopped onion.
- ☐ Let sit, stirring every so often, until water is very pink and cloudy, about 10 minutes.
- ☐ Drain well, discarding the lime rind.
- ☐ Meanwhile, toast chiles in a large frying pan over medium heat, turning as needed, until fragrant and starting to darken, 6 to 8 minutes; when cool enough to handle, remove stems. Put in a food processor with remaining onion, the garlic, cloves, thyme, cumin, vinegar, 1 1/2 cups broth, and the salt. Whirl together to make a thick sauce, adding a little more broth if needed.
- ☐ Combine sauce with lamb and bay leaves in a large, wide dutch oven, mixing to coat and spreading evenly. Bring mixture to a boil over high heat, then reduce heat, cover, and simmer, stirring occasionally, until lamb is very tender when pierced, about 2 1/2 hours.
- ☐ Cut remaining 1 1/2 limes into wedges and serve on the side, along with Cilantro Rice.
- ☐ HANDS-FREE METHOD: Once sauce and lamb are mixed in the dutch oven, bake about 3 hours in a 275 oven.
- ☐ *Find the chiles in well-stocked Latino markets.
- ☐ Wine pairing: Ceja 2009 Syrah. This pungent lamb needs a dark, meaty red wine. The Ceja Syrah has a matching earthy soul from its cool-weather vineyard site.

Nutrition Facts



 **PROTEIN 59.45%**  **FAT 34.44%**  **CARBS 6.11%**

Properties

Glycemic Index:16.75, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:24.971304582513%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 326.36kcal (16.32%), Fat: 12.14g (18.68%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.68g (1.34%), Sugar: 1.45g (1.61%), Cholesterol: 147.42mg (49.14%), Sodium: 814.19mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.17g (94.33%), Vitamin B12: 6.19µg (103.19%), Selenium: 52.23µg (74.61%), Vitamin B3: 13.68mg (68.41%), Zinc: 9.51mg (63.38%), Phosphorus: 442.25mg (44.23%), Vitamin B2: 0.57mg (33.55%), Iron: 4.44mg (24.69%), Potassium: 810.56mg (23.16%), Vitamin B6: 0.43mg (21.32%), Vitamin B1: 0.31mg (20.86%), Vitamin B5: 1.69mg (16.89%), Magnesium: 63.89mg (15.97%), Copper: 0.3mg (15.14%), Folate: 57.08µg (14.27%), Vitamin C: 7.06mg (8.56%), Vitamin A: 362.02IU (7.24%), Manganese: 0.14mg (7.19%), Fiber: 1.17g (4.68%), Vitamin E: 0.59mg (3.94%), Calcium: 36.94mg (3.69%), Vitamin K: 2.69µg (2.56%)