



Shredded Beef in Guajillo Sauce (Carne Deshebrada en Salsa Roja)



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



354 kcal

SAUCE

Ingredients

- ☐ 3 to 5 chiles de árbol dried hot stemmed seeded
- ☐ 0.3 teaspoon peppercorns black
- ☐ 0.3 teaspoon cumin seeds
- ☐ 3 large garlic cloves
- ☐ 3 ounces guajillo chiles dried
- ☐ 3 pounds skirt steak
- ☐ 0.8 pound tomatoes quartered (2 to 3 medium)

- ☐ 2 turkish bay leaf
- ☐ 3 tablespoons vegetable oil divided
- ☐ 0.5 cup onion white chopped
- ☐ 3 allspice whole

Equipment

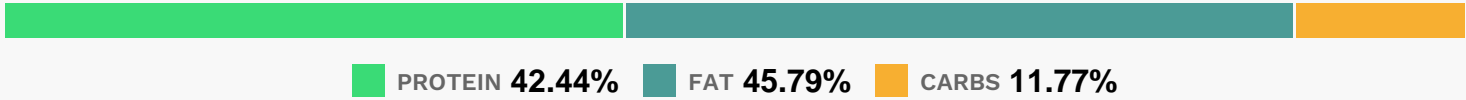
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ broiler
- ☐ tongs

Directions

- ☐ Put all beef ingredients in a 5- to 6-quart heavy pot with 1 teaspoon salt and enough water (about 2 quarts) to cover beef. Simmer, partially covered, skimming foam and adding more hot water if necessary to keep beef covered, until tender, about 2 hours.
- ☐ Remove beef and shred (once cool).
- ☐ Strain broth through a fine-mesh sieve into a bowl, discarding solids, and skim off fat.
- ☐ Preheat broiler.
- ☐ Toss tomatoes with 1 tablespoons oil in a 4-sided sheet pan. Broil 3 to 4 inches from heat until softened and charred, 10 to 12 minutes.
- ☐ Slit guajillo chiles lengthwise, then stem and seed.
- ☐ Heat a dry heavy medium skillet (not nonstick) over medium heat until hot, then toast chiles in 2 batches, opened flat, turning and pressing with tongs, until more pliable and slightly changed in color, about 30 seconds per batch.
- ☐ Transfer to a bowl and soak in hot water to cover until softened, 20 to 30 minutes.
- ☐ Toast peppercorns, cumin seeds, allspice, and clove in hot skillet over medium heat, stirring constantly, until fragrant and a shade darker, 30 seconds to 1 minute.

- ☐ Transfer to a blender.
- ☐ Drain soaked chiles and purée in blender with toasted spices, broiled tomatoes, onion, garlic, 3 chiles de árbol, 2 cups broth, and 1 teaspoon salt until smooth, about 2 minutes. For a spicier sauce, add remaining 2 chiles de árbol and purée again.
- ☐ Heat remaining 2 tablespoons oil in cleaned pot over medium–high heat until it shimmers, then slowly add sauce, stirring (it will spatter), and simmer, stirring frequently, 5 minutes.
- ☐ Add beef and 1 cup broth (reserve remainder for another use) and cook over medium–low heat, stirring, until meat is heated through, about 5 minutes.
- ☐ Beef can be cooked and shredded 2 days ahead, then chilled in strained broth (skim off solidified fat). Reheat before using.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:26.009999736496%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 354.47kcal (17.72%), Fat: 18.46g (28.4%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6g (6.66%), Cholesterol: 107.16mg (35.72%), Sodium: 124.99mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.49g (76.98%), Zinc: 11.17mg (74.49%), Vitamin A: 3237.05IU (64.74%), Vitamin B12: 3.62µg (60.38%), Vitamin B3: 10.87mg (54.34%), Selenium: 38.02µg (54.32%), Vitamin B6: 0.89mg (44.44%), Vitamin B2: 0.69mg (40.43%), Phosphorus: 294.58mg (29.46%), Vitamin K: 27.28µg (25.98%), Potassium: 822.35mg (23.5%), Iron: 3.87mg (21.51%), Manganese: 0.33mg (16.65%), Fiber: 3.86g (15.46%), Magnesium: 53.45mg (13.36%), Vitamin C: 10.35mg (12.54%), Vitamin B5: 1.15mg (11.49%), Copper: 0.2mg (10.04%), Vitamin B1: 0.13mg (8.93%), Vitamin E: 1.16mg (7.75%), Folate: 19.02µg (4.76%), Calcium: 25.31mg (2.53%), Vitamin D: 0.17µg (1.13%)