Birria Tacos

Beef's take on a classic Mexican taco, made in the pressure cooker. Spiced braised beef served in crisped corn tortillas alongside a spicy consomme.

2.00 Hours	8 Servings	42 Cal	34g Protein

INGREDIENTS

1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast (about 2-1/2 pounds)

3 dried guajillo chiles, seeds removed

1 Spanish onion, diced

1 cup crushed tomatoes

1 cup low sodium beef broth

1/2 cup chipotle peppers in adobo sauce

1 tablespoon garlic

3 teaspoon chile powder

3 teaspoon smoked paprika

2 teaspoon Mexican oregano

2 teaspoon freshly ground black pepper

1/4 teaspoon ground cloves

1 bay leaf

1 cinnamon stick

1 tablespoon olive oil

8 corn tortillas

3 tablespoons Cotija cheese

COOKING

1. In a 6-quart electric pressure cooker add in beef Cross Rib Roast, guajillo chiles, onion, crushed tomatoes, beef broth, chipotle peppers, garlic, Chile powder, smoked paprika, oregano, pepper, cloves, bay leaf and cinnamon stick. Close and lock pressure cooker lid. Stew on high-pressure setting on the pressure cooker; program 80 minutes on pressure cooker timer. Once the timer goes off continue to cook for another 20 minutes to release the pressure naturally. Use quick-release feature to release any remaining pressure; carefully remove lid.

2. Remove roast and set aside; remove chiles, bay leaf and cinnamon stick; discard. Next shred the roast and remove any unwanted fat.

3. Heat non-stick skillet over medium-high heat until hot; add olive oil. Dip both sides of the tortilla into the top of the braising liquid and add it to the skillet. Pan fry on one side for 30 seconds to 1 minute and then flip over. Add some of the shredded beef, and cheese. Fold over and cook until pan-fried on both sides, about 1 to 2 minutes. Transfer to a plate and serve alongside a small cup of braising liquid for dipping.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		16.5g	101mg		23.5g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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