

Birria de Res (Beef Birria)

DELICIOUS shredded beef, simmered for hours in a spicy & smoky adobo sauce. Eaten as a stew or used as a meat filling.

Let me start by stating the obvious, this is a highly modified, WW-ified version of a traditional Birria recipe. Traditional Birria uses shredded goat meat instead of beef, and asks you to buy whole dried ancho and guajillo chilis, toasting them in a hot pan, then blending those in the sauce. For mine, I'm using different chili powders, because they are easier to find. I'm also using beef instead of goat, because the new 'Plan' allows for certain cuts of beef to be "free".

Servings Info.:

Yield: 8 cups (meat & broth)

Servings: 6

Serving Size: 1-1/4 cups



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The recipe does not gain a point until the 4th serving

- last checked 12/02/25 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Adobo Sauce: (see notes for more 'mild' version)

- 2-1/2 tsp ancho chili powder (**SEE NOTES**)
- 2-1/2 tsp chipotle chili powder (**SEE NOTES**)
- 1 small onion, diced
- 7 medium garlic cloves, chopped
- 3 roma tomatoes, chopped
- 5 cups of fat free beef broth (DIVIDED) see **1A & 2C**
- 1/4 cup apple cider vinegar
- 1 tsp ground cumin
- 1 tsp unsweetened cocoa powder
- 1/2 tsp ground cinnamon
- 1-1/2 tsp dried oregano
- 1/2 tsp cracked/coarse ground black pepper
- 2 whole peppers from a small can of "canned chipotles in adobo sauce", in the Mexican food aisle.
- (**added in step 2D**) 1 to 1-1/2 tsp salt, to taste

Birria Meat:

- 3 to 3-1/2 lb beef roast, ANY 0 POINT TYPE, cut into large 3 inch chunks. I used a trimmed 'Beef Bottom Round Roast'. Use whichever cut is 0 points that is your preference.
- 1/2 tsp baking soda dissolved with 2 tsp water
- 2 tsp worcestershire sauce
- salt and pepper (while searing the meat)
- 2 bay leaves

Directions:



- 1 **(A)** Turn on the fan over your oven, for ventilation! Heat a pan over medium heat and add the 2 chili powders. Heat till pan begins to lightly smoke. Stir the pan, letting the spices heat up and continue toasting. Turn off the heat and add 2 cups of the beef broth, stir till dissolved. Set aside. **(B)** In a separate pan, cook the onion, garlic and tomatoes for 5-6 minutes. Remove from heat. **(C)** Place the broth/chili powder mix, cooked veggies, vinegar, cumin, cocoa powder, cinnamon, oregano, pepper and the adobo peppers into a food processor or blender. Process till smooth. **(D)** For a thinner sauce (recommended), run the mixture through a sieve. Store in the fridge for later.



- 2 (A) Cut the beef into LARGE chunks, roughly 3 inch cubes. Set into a large mixing bowl, then, in a small cup, mix together the baking soda and water till dissolved. Stir in the worcestershire sauce (it will be bubbly). Combine with the meat till well mixed. Cover and let rest for 30 minutes. (B) Heat up a large pan over medium-high heat for 1 minute. Spray with cooking spray then add 1/2 of the meat. seasoning with salt and pepper. Do NOT move the meat!! Allow it to sear on 1 side for 3 minutes, then flip and sear on the other side without moving it. Set aside on a plate, then cook the remaining meat the same way. (C) Place the meat, adobo sauce, bay leaves and the remaining 3 cups of beef broth into a crockpot and cook on LOW heat for 8 hours. (D) When the meat is done, remove the 2 bay leaves, then carefully use 2 forks to shred the beef in the sauce. Taste the sauce, season with additional salt as needed. Eat it as a stew with diced onions and cilantro... or use the meat as an awesome filling for tacos, enchiladas, burritos, tamales, nachos, grilled cheese, whatever!

NOTES & SUGGESTIONS:

- **CHILI & CHILI POWDERS:** REGULAR birria recipes call for buying dried, whole ancho chilis and guajillo chilis... then toasting the dried chili peppers in a hot pan and adding them to a blender. I realize not everyone has access to those, so I went the easy route... I decided to toast CHILI POWDERS in my recipe. I also know not everyone has access to ancho chili powder and chipotle chili powder. If you don't, try this simple substitute with more common ingredients. (5 tsp regular chili powder, 2 tsp smoked paprika, and then add cayenne pepper, to taste, at the end) Regular chili powder is salty, so dial down the salt at the very end of the recipe, if you go that route.
- **SPICE LEVEL (Making it Mild):** This recipe has a "medium" amount of spiciness to it, mostly from the broth. If you use the meat without a lot of sauce (like for tacos, nachos, etc.) the meat itself is milder. If you want to make this legitimately MILD... make the following modifications:
 - * **Chili powders:** use 1-1/2 tsp of each of the 2 powders.
 - * **Chipotle peppers in adobo sauce:** Only use 1 pepper.
- **BIRRIA TACOS!!!:** Quickly dredge a corn tortilla in the cooked birria sauce, then place the tortilla on a hot pan. Sprinkle some cheese, diced onions and cilantro onto the tortilla, followed by a good scoop of meat onto one side of the tortilla. When the bottom is getting crispy, fold the two halves of the tortilla together to make a taco. Spray the top with cooking spray, then flip... cook, spray, flip, repeat... till both sides are super crispy. Top with cilantro.
- **INSTANT POT & STOVETOP:** Don't have a crockpot? Use either an insta-pot or cook it in a pot on the stove.
 - * **Instant Pot:** When you get to step 2C, add all of the seared beef, adobo sauce and remaining beef broth and bay leaves to the instant pot. Cover and seal the lid. Pressure cook for 45 minutes, then open it up and shred the meat.
 - * **Stovetop:** At step 2C, place the ingredients into a stock pot over high heat. When the it reaches a LOW simmer, reduce the heat to low, then cover and simmer for 5-6 hours, until the meat is completely tender and shreds easily. (Be sure to stay nearby, so that the meat doesn't accidentally burn.)
- **GOAT:** Want to use goat instead? Uncooked goat meat is listed as 0 points in the database... I have no idea why.



Birria Tamales



Crispy "Fried" Birria Tacos