

Beef Birria

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA



This recipe was created in collaboration
with Chef Juan Zamorano from San
Diego Unified School District



INGREDIENTS

Beef chuck roast, fresh or frozen,
shoulder clod, arm, without bone,
practically-free-of-fat
Tomato sauce, low-sodium, canned
(USDA or Commercial)
Birria spice blend (see recipe below)
Vinegar, Cider or White
Onions, dehydrated, chopped
Water, tap

Birria Spice Blend:

Garlic, granulated
Chili powder

Paprika
Cumin, ground
Oregano, dried, leaves
Cloves, ground
Black pepper, ground

WEIGHT

7 lb

MEASURE

1 1/2 cups

1/2 cup

1/4 cup

1/2 cup

1 qt

1 Tbsp

1 Tbsp

1 1/2 tsp

1/4 cup

1 1/4 tsp

2 tsp

1/4 tsp

1 1/2 tsp

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb. pieces.
3. In a small bowl, whisk tomato sauce, spice blend, and vinegar. Rub each roast piece with seasoned tomato sauce.
4. Add dehydrated onions and water to a half 4" steamtable pan. Stir together.
5. Add seasoned beef pieces in a single layer to pan of broth.
6. Cover pan(s) with aluminum foil.
7. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F.
8. Keeping beef covered, remove from oven and let sit for 15 minutes.
9. Remove foil and shred beef. Mix beef with juices in the pan. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
8. Serve 1/2 cup beef (#8 scoop or 4 fl oz spoodle - about 3.5 oz each serving). **CCP: Hold at 140°F or higher.**

Nutrients Per One Serving (K-12)

Calories	328	kcal
Total Fat	20	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	78	mg
Total Carbohydrate	3	g
Total Dietary Fiber	1	g
Sugars	1	g
Added Sugars	0	g
Protein	31	g
Vitamin A	600	IU
Vitamin C	1	mg
Calcium	28	mg
Iron	3	mg

BIRRIA SPICE BLEND:

Whisk ingredients together in a bowl until well combined.
Makes 1/2 cup. **Store between 50-70°F.**

NOTE: We recommend making spice blend in batches to prevent kitchens
from having to make the blend each time it comes up on their cycle menu.



Funded by the Beef Checkoff