

Beef Birria

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| Category | Entree |
| Total Portions | 60 |
| 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

14 lb

MEASURE

3 cups

1 cup

1/2 cup

1 cup

2 qts

2 Tbsp

3 Tbsp

1/2 cup

1 1/4 tsp

2 tsp

1/2 tsp

1 Tbsp

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.**
10. 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