

# to healthier, happier you

Looking for a delicious and satisfying meal to meal prep?

## Birria Tacos are the answer

It's easy, nutritious, and budget-friendly.  
Let's dive into the simple steps:

### INGREDIENTS for 6 portions:

#### Birria:

1050g of raw beef or raw chicken breast  
! tbsp of olive oil  
1 onion  
1 tomato  
5 garlic clove chopped  
5 ancho chiles (seeded)  
2 árbol chiles (seeded)  
2 cups of beef / bone broth  
3-4 cups of water  
2 tbsp of tomato puré / paste  
! cinnamon stick  
3 laurel leaf  
1 tsp of oregano  
1 tsp of cumin  
salt and black pepper to taste

#### Birria Tacos for 1 portion:

1/6 of Birria meat + sauce  
2 corn or flour tortillas  
15g of shredded cheese (I used mozzarella light)  
1/4 of red onion, chopped  
1/4 of avocado, chopped  
cilantro to garnish  
lime juice to taste

### INSTRUCTIONS:

In a large pot, heat olive oil over medium-high heat. Add the raw beef / chicken breast, seasoned with salt and black pepper, sauté until browned. Take off the pot and set aside. Add a chopped onion, chopped tomato, garlic cloves, the dried chiles and chiles/chipotles in adobo sauce, the laurel and cinnamon stick. Add enough water to the pot to ensure is fully submerged. Bring it to a simmer during 10 minutes.

Take off the cinnamon stick and bay leaves, blend this mixture until smooth. Pour the sauce into the pot, add the beef broth and mix everything well. Return the meat and the cinnamon stick, bay leaves, add oregano, cumin, season with salt and black pepper. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for 30 minutes until the meat is tender and easily shredded. Once cooked, remove the meat from the pot, shred it and return to the pot, mixing it well with the sauce.

To serve the Birria Tacos, heat two tortillas in a skillet over medium heat. Place about one-sixth of the birria meat and sauce onto each tortilla. Top the meat with a chopped red onion, avocado, and some cilantro. Squeeze lime juice over the filling to taste. Serve the tacos hot with extra birria sauce on the side for dipping. ENJOY!