



Braised Beef Birria

Tender Mexican style beef, braised in warm spices, chilis, and tomatoes.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Washington State, Office of Superintendent of Public Instruction on behalf of Orcas Island School District

Preparation Time: 26 hours

Cook Time: 4 hours

NSLP/SBP crediting information:

1 cup (8 fl oz ladle/spoodle) provides 2 oz equivalent meats/meat alternates, 1/8 cup starchy vegetables, 1/8 cup additional vegetables

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, round roast, fresh or frozen, without bone, 1/4" trim	10 lb 8 oz		21 lb		1. Dice beef into 3/4-inch cubes. 2. Combine beef, onion, garlic, spices, salt, vinegar in a large mixing bowl or hotel pan. Cover and marinate overnight in cooler. Critical Control Point: store at 40 °F or below.
*Onion, raw, chopped	2 lb 8 oz	1 qt 3 cups	5 lbs	3 qt 2 cups	
Garlic, raw, peeled, chopped	1 oz	3 Tbsp	2 oz	1/4 cup 2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder		2 ½ Tbsp		⅓ cup	
Guajillo chili powder		2 ½ Tbsp		⅓ cup	
Smoked Paprika, ground		1 ½ tsp		1 Tbsp	
Cumin, ground		1 ½ tsp		1 Tbsp	
Black pepper, ground		1 ½ tsp		1 Tbsp	
Coriander, ground		1 tsp		2 tsp	
Cinnamon, ground		¾ tsp		1 ½ tsp	
Allspice, ground		¾ tsp		1 ½ tsp	
Cloves, ground		¾ tsp		1 ½ tsp	
Bay Leaf		1 each		2 each	
Salt, kosher		1 ½ tsp		1 Tbsp	
Vinegar, red wine	4 oz	½ cup	8 oz.	1 cup	
*Potatoes, yellow flesh and skin, raw, shredded	4 lb 3 oz	3 qt ½ cup	8 lb 6 oz	1 gal 2 qt 1 cup	
Tomatoes, canned, crushed, no salt added	2 lb 2 oz	1 qt ¼ cup	4 lb 4 oz	2 qt ½ cup	
Chicken broth, low sodium	1 lb 6 oz	2 ¾ cups	2 lb 12 oz	1 qt 1 ½ cups	3. Combine meat mixture, potatoes, tomatoes and chicken broth in large stock pot. Bring to a low simmer over medium heat and cook until beef is tender (approximately 3-4 hours) and reaches an internal temperature of 165 °F for at least 15 seconds.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					Critical Control Point: Hold for hot service at 135 °F or higher, or Chill for later use in pans with no more than 2-inch depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours. Reheat to minimum internal temperature of 165 °F for at least 15 seconds. 4. Portion with 8 oz. spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl. oz. spoodle)

NUTRIENTS	AMOUNT
Calories	173
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	46 mg
Sodium	119 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	23 g
Vitamin A	1 mcg RAE
Vitamin C	9 mg
Vitamin D	0 IU
Calcium	20 mg
Iron	3 mg
Potassium	298 mg

N/A=data not available.

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onion, mature, fresh	2 lb 14 oz	5 lb 12 oz
Potato, yellow flesh and skin, fresh	4 lb 4 oz	8 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 25 lb About 3 gal 2 cups 1 full-size 4" hotel pan (12" x 20" x 4")	About 50 lb About 6 gal 1 qt 2 full-size 4" hotel pan (12" x 20" x 4")

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

