

Beef Birria With Consomé (Birria de Res Con Consomé)

Yield: 8 min
Total Time: 300 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-consome-de-pollo-recipe>

Ingredients:

- 5 pounds beef chuck roast sliced into 5 equal parts
- 1 white onion large, sliced in half
- 1 head garlic
- 18 cups water
- salt to taste
- 8 chile guajillo or california remove stems and seeds
- 6 chile de arbol optional
- 4 Roma tomatoes large
- 1 1/2 inches canela piece of Mexican
- 4 whole cloves
- 1 teaspoon thyme
- 1 teaspoon Mexican oregano
- 1/2 teaspoon marjoram
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon peppercorns
- 2 bay leaves

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 185 milligrams
4. Fat: 51 grams
5. Fiber: 1 grams
6. Protein: 54 grams
7. SaturatedFat: 20 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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