

Birria de Res, or Mexican Beef Stew

Yield: 12 min
Total Time: 390 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roast-beef-sandwich-recipe>

Ingredients:

- 4 pounds roast beef
- 4 cups water
- 5 dried chile guajillo
- 2 ancho dried chile
- 2 garlic cloves
- 2 teaspoons dried oregano
- 1 teaspoon thyme
- 1 clove
- 1/4 whole cinnamon stick
- 1 tablespoon beef bouillon
- 2 tablespoons oil
- 2 laurel leaves
- salt
- pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 80 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 2 grams
8. Sodium: 1520 milligrams

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