

Low-Carb Birria-Style Beef Tacos

Serves 4 | Prep 25 min | Cook 3 hours

PHOTO SPACE

Place finished meal photograph here

INGREDIENTS

- 1kg beef chuck, large chunks
- 2 tbsp avocado or olive oil
- 1 small onion, quartered
- 4 garlic cloves
- 2 tsp smoked paprika
- 1 tsp cumin
- 1 tsp oregano
- ½ tsp cinnamon
- 1 tbsp apple cider vinegar
- 400g crushed tomatoes
- 500ml beef stock
- 1–2 chipotle chillies in adobo, optional
- 1 tsp salt
- ½ tsp black pepper
- Low-carb tortillas, cabbage, onion, coriander, lime and grated cheese

METHOD

1. Season beef with salt, pepper, paprika, cumin, oregano and cinnamon.
2. Brown beef in oil in batches.
3. Add onion and garlic; cook 2 min. Add tomatoes, stock, vinegar and chipotle.
4. Cover and cook at 160°C about 3 hours until beef pulls apart.
5. Shred beef and return some to the broth.
6. Dip tortillas lightly in broth and crisp in a hot pan. Add beef and cheese, fold and cook until golden.
7. Serve with cabbage, onion, coriander, lime and broth for dipping.

THE TRICK

For crispy tacos, lightly dip tortillas in the broth and surface fat before frying. Don't soak them.

NUTRITION

Approx. per serve with 2 small low-carb tortillas: 650–750 kcal | 50–58g protein | 42–50g fat | 10–15g net carbs