MEXICAN · LUNCH · DINNER

# Birria de Res en Caldo (Jalisco Beef Stew in Chilli Broth)

Birria de res estilo Jalisco

240 min · Serves 10 · 581 kcal a serve · Video 8:04 in Spanish · Cocina Con Gabby

Gluten-free ingredients · Dairy-free · Nut-free

52 g protein and under 4 g net carbs a serve from beef slow-braised in a broth of dried chillies, roasted tomato and spices, with no added sugar. Rich in vitamin B12, zinc, selenium and iron.

**Diet notes:** Low carb (3.6 g net carbs) but not keto: 60% of the energy is from fat, and keto meals get about 60% or more.

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## Ingredients 21 · SERVES 10

- [ ] 1.8 kg **boneless beef chuck** (diezmillo), in large pieces
- [ ] **Beef short ribs**: 900 g meaty bone-in beef short ribs (costilla cargada)
- [ ] 1–2 tbsp **lard** (manteca), for searing
- [ ] 1 **chile morita** (or a dried chipotle), stem removed
- [ ] 3 **guajillo chillies**, stemmed and seeded
- [ ] 1 **ancho chilli**, stemmed and seeded
- [ ] ½ medium **onion**
- [ ] 6 **garlic** cloves, roasted in their skins, then peeled
- [ ] 2 **tomatoes**
- [ ] 1 **bay leaf**
- [ ] 1 tsp **dried oregano**
- [ ] 5 **allspice berries** (pimienta gorda)
- [ ] 2 **whole cloves**
- [ ] 5–7 cm (2–3 in) **cinnamon** stick
- [ ] ¼ tsp **cumin seeds**
- [ ] ½ tsp **dried thyme**
- [ ] 1 tbsp **salt**, plus more to taste
- [ ] about 1.5 litres **water** in all: 470 ml boiling to soak the chillies, 470–710 ml to blend, the rest to just cover the meat
- [ ] finely chopped **onion**, to serve
- [ ] chopped **coriander** (cilantro), to serve
- [ ] **lime wedges**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Stem the dried chillies (seed the guajillos and ancho; keep the morita's seeds). Toast them on a dry pan over medium heat for about a minute, turning, without burning. Soak in 470 ml just-boiled water, covered, for 20–30 minutes. 0:09
2. On the same pan, roast the half onion, the unpeeled garlic and the tomatoes, turning, until charred in spots. Peel the garlic. 1:04
3. Heat a tablespoon of lard in a heavy ovenproof pot over high heat and brown the short ribs well on all sides, then the chuck in large pieces, adding more lard if needed. 1:49
4. Toss the spices in the pot for 20–30 seconds until fragrant, then tip them into a blender with the tomatoes, onion, garlic, 1 tbsp salt, the chillies and their soaking water, plus 470–710 ml more water. Blend smooth (strain if your blender leaves bits). 3:10
5. Return all the meat to the pot, pour in the sauce and add water just to cover. Bring to the boil, taste for salt, cover and cook in the oven at 160°C (or very low on the stove) for 3–3½ hours, until the meat is very tender. 4:20
6. Pull the meat into large shreds and serve in bowls with plenty of the broth, topped with chopped onion, coriander and a squeeze of lime. 5:47

> **Tip** Serves about 10 (our estimate for 2.7 kg of meat). Traditionally eaten with corn tortillas and salsa; on its own in the broth it stays low in carbs. Skim the fat off the top for a leaner bowl. Freezes well.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

## One serve gives you 1 OF 10 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **581** kcal<br>2,430 kJ | **51** g<br>103% of a day | **5.2** g<br>3.6 g net · 1.3 g sugars<br>2% of a day | **1.6** g<br>6% of a day | **38** g<br>16 g saturated<br>49% of a day | **800** mg<br>35% of a day |

**Energy from** net carbs 3% · protein 36% · fat 61% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 184% · Zinc 123% · Selenium 91% · Vitamin B6 41% · Iron 29%

**Source of** (10–19%) Omega-3 19% · Potassium 13% · Magnesium 11%

**Recipe and video:** Cocina Con Gabby (@CocinaConGabby) on YouTube — youtube.com/watch?v=-dQ2m4w9LnI, published 3 April 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/birria-de-res-en-caldo