



Very Veggie Mexican "Quesabirria" Tacos with Slightly Spiced "Roja Birria" Dipping Sauce

By Dylan Sabuco , Dylan Sabuco

Prep Time 15 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 3 C mushrooms (your choice of type)

☐ 2 garlic cloves

☐ DAIRY

☐ 2 C shredded mozzarella cheese ****(see allergy subs below)****

☐ PANTRY

☐ 12 (or more) flour tortillas ****(see allergy subs below)****

☐ 2 T apple cider vinegar

☐ 1 veggie bouillon cube (or 1 tsp bouillon powder/paste) ****(see allergy subs below)****

☐ 2 tsp salt

☐ 1 tsp ground black pepper

☐ 1 7-oz can chipotle peppers in adobo sauce OR diced mild green chilis ****(see allergy subs below)****

☐ 2 T vegetable oil ******

☐ 1 tsp ground cumin

☐ 1 tsp dried oregano leaves

☐ 1/4 tsp ground allspice

☐ HAVE ON HAND

- ☐ 2 C water
- ☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

simmer: to cook a food gently, usually in a liquid, until softened.

seal: to close tightly, keeping filling inside.

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Large skillet
- ☐ Medium saucepan
- ☐ Large bowl

- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Liquid measuring cup
- ☐ Can opener
- ☐ Heat-resistant spatula or tongs
- ☐ Pitcher
- ☐ Measuring cups

Ingredients

Veggie "Quesabirria" Tacos with Slightly Spiced "Roja Birria" Dipping Sauce

- ☐ 3 C mushrooms (your choice of type)
- ☐ 2 garlic cloves
- ☐ 2 T apple cider vinegar
- ☐ 2 tsp salt
- ☐ 1 tsp ground black pepper
- ☐ 2 T vegetable oil **
- ☐ 1 tsp ground cumin
- ☐ 1 tsp dried oregano leaves
- ☐ 1/4 tsp ground allspice
- ☐ 2 C water
- ☐ 1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) **(Check label for possible allergens, like gluten, soy, or nightshade, and omit if necessary)**
- ☐ 1 7-oz can chipotle peppers in adobo sauce OR diced mild green chilis **(Omit for NIGHTSHADE ALLERGY)**
- ☐ 12 (or more) flour tortillas **(for GLUTEN ALLERGY sub corn tortillas)**
- ☐ 2 C shredded mozzarella cheese **(for DAIRY ALLERGY sub dairy-free/nut-free mozzarella cheese

shreds, like Daiya brand)**

"Water You Cooking Up?" Flavored Water

☐ 4 C water

☐ 2 C ice

☐ Choose 1 or more of the following fresh ingredients to flavor your water:

☐ 1 cucumber

☐ 1 lime

☐ 1 lemon

☐ 1 orange

☐ 1 mint sprig

Food Allergen Substitutions

Veggie "Quesabirria" Tacos with Slightly Spiced "Roja Birria" Dipping Sauce

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Gluten/Soy/Nightshade: Check vegetable bouillon cube ingredients listed on label and, if necessary, omit from recipe.

Nightshade: Omit chipotle peppers or green chilis from the recipe.

Gluten/Wheat: Substitute corn tortillas for flour tortillas.

Dairy: Substitute dairy-free/nut-free mozzarella cheese shreds, like Daiya brand.

"Water You Cooking Up?" Flavored Water

Instructions

Veggie "Quesabirria" Tacos with Slightly Spiced "Roja Birria" Dipping Sauce

intro

Quesabirria tacos are not just tacos. They can be a mix between tacos and quesadillas. Many recipes describe quesabirria as tortillas stuffed with melty cheese and birria meat and dipped into birria sauce. Birria is a mixture of beef fat, broth, chilis, and spices that makes a distinct smoky and spicy red dipping sauce that the entire taco is dunked in before and after cooking. Our Sticky Fingers Cooking version will focus on mushrooms instead of beef. We will stuff them full of cheese and mushrooms, dunk them in birria sauce, and sizzle until crispy! This dish is sure to leave you craving quesabirria every day!

chop + measure

Roughly chop **3 cups mushrooms** and **2 garlic cloves**. Place them into a large bowl with **2 tablespoons apple cider vinegar**, **2 teaspoons salt**, **1 teaspoon black pepper**, **2 tablespoons vegetable oil**, **1 teaspoon cumin**, **1 teaspoon oregano**, and **1/4 teaspoon allspice**.

toss + sauté

Toss the mushrooms with all the other ingredients until thoroughly mixed. Pour them into a large skillet over medium heat. Stir and sauté for 5 minutes. Remove the mushrooms from the pan and place them in a bowl. Reserve for later in the recipe.

simmer + create

In a medium saucepan, add **2 cups water**, **1 vegetable bouillon cube**, and **1 can of chipotles in adobo sauce**. Stir the mixture and bring to a simmer for at least 10 minutes.

fold + fill + seal

Making these tacos is a unique method. The top layer of the birria sauce should mostly be oil that will help the tortilla get a beautiful red and golden brown color at the end. Start by laying down the **tortilla** on a cutting board. Then, add a thick layer of **shredded mozzarella cheese** and about **1 to 2 tablespoons of the mushrooms**. Finally, fold the tortilla in half and press down to seal. Each taco should look like a cheesy half-moon shape. Cheese can be spilling out of the sides of the taco—that's just fine. Repeat until you have 2 to 3 tacos for each of your family members.

dip + sauté

Then, dip each taco briefly in the birria sauce. Finally, add them to a large skillet over medium heat. Cook each sealed taco for 3 to 5 minutes on the first side, flip it over using a spatula or tongs, and cook for 2 minutes on the second side.

serve + dunk

Dunk your tacos into the birria sauce while you eat. This might get a little wet and messy, so bring some extra napkins to the dinner table. "Buen provecho" or "Enjoy your meal" in Spanish!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Adobo!

Hi! I'm Adobo!

"I'm a sauce or marinade made from chili peppers, and I add a tangy and spicy smokiness to a dish!"

Some adobo sauces are made with paprika (ground dried red chili peppers), garlic, salt, and vinegar. Others are made with chipotle or ancho peppers. When chipotle peppers are stewed in a sauce of tomato, garlic, salt, spices, and vinegar, it is called "chipotles en adobo."

You can add adobo sauce to a condiment like mayonnaise, sour cream, or barbecue sauce for extra flavor. You can also add adobo to beans, burgers, chili con carne, soups, tacos, and stews, like "birria."

"Adobo" is mentioned in an 1850 cookbook, *Manual del Cocinero, Repostero, Pastelero, Confitero Y Botillero*, by Mariano de Rementería y Fica of Madrid, Spain.