

# Super Easy Slow Cooker Moroccan Beef

Leanne Foreman  
www.easyreadrecipes.com

slow cooker  
kitchen scales  
cutting board and knife  
measuring cups and spoons  
fine grater

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1. Into the slow cooker, **place**
    - 500g/1.1lb grass fed **casserole beef**, cubed
    - 500g/1.1lb **orange sweet potato**, cubed
    - 2 cups **bottled tomato passata**
    - 1 cup **beef stock**
    - 1 **brown onion**, finely diced
    - ½ cup **currants, sultanas, or raisins**
    - 2 TBS finely grated **fresh ginger**
    - 2 tsp **cumin**
    - 2 tsp **paprika**
    - 2 tsp **turmeric**
    - 2 tsp **cinnamon**
    - 1 tsp **pink or sea salt**
  2. **Cook** on high for 4 hours or low until the meat is tender.
  3. Before serving, **garnish** with **coarsely chopped coriander or parsley**
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