

Slow Cooker Spiced Beef Cheeks

large slow cooker
measuring spoons
small mixing bowl
mixing spoon

Adapted from a recipe by Vered DeLeeuw
www.healthyrecipesblogs.com

Do this

with these **ingredients**

-
- | | |
|---|---|
| 1. Into the slow cooker, place in a single layer | 1.5-2 kg/3-4 lb beef cheeks |
| 2. In the small bowl mix | 1 tsp smoked paprika
1 tsp ground cumin
1 tsp garlic powder
1 tsp onion powder
1 tsp ground black pepper
1 tsp salt
1 tsp ground coriander (optional)
1 tsp ground cinnamon (optional) |
-
3. **Sprinkle** onto the beef cheeks. If the cheeks are in two layers, then lift the top layer in order to spice the bottom layer.
-
4. **Cover** and **cook** on low for 8 hours until tender and juices are released.
-
5. If necessary, **reduce** the leftover liquid in a saucepan on the stove and serve over the meat.
-

