

**Slow Cooker Mediterranean Beef Lettuce Cups
with Turmeric Roasted Cauliflower**

2 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 6-8 hours

Dear Run Land & Cattle Beef Stew, thawed
Bella Verdi Lettuce, root ball removed
Gundermann Acres Watermelon Radish, ends trimmed, washed
Texas Farm Patch Cauliflower, outer leaves and core removed, washed
Farmhouse Kitchen Middle Eastern Spice Mix
Farmhouse Kitchen Turmeric Spice
Farmhouse Kitchen Roasted Garlic Tahini Sauce, stirred well before use
Sea salt and fresh cracked black pepper
Olive or vegetable oil

Notes: A 2-3.5 quart slow cooker is recommended. The amount of time needed to stew the beef until tender will vary depending on the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the seasonings, stew meat, and water directly into the slow cooker insert. The slow cooking liquid can be discarded or reserved for later use as a flavorful base for a soup.

MORNING:

STEP 1 Pat the stew meat dry with a paper towel. Add to a bowl and toss with the Middle Eastern spice and ½ tsp. salt. Preheat a cast iron skillet over medium heat. Once hot, add 1 tbsp. oil to the skillet and then add the meat in an even layer to help prevent steaming due to overcrowding. Sear the meat for 6-8 minutes, allowing a brown crust form on all sides. You may need to sear the meat in batches, depending on the size of your pan. Next, carefully add 1.5 cups of water to deglaze and release the flavorful brown crust that has developed on the bottom of the pan. Use a wooden spoon to scrape up any bits from the pan so they're incorporated into the liquid. Remove skillet from the heat and carefully transfer the meat and liquid to the slow cooker insert. Set heat to low and cook for 6-8 hours.

EVENING:

STEP 2 During the last hour of slow cooking, preheat oven to 400°F degrees. Chop the cauliflower into florets, about 1" pieces. Place the florets on a baking sheet. Drizzle with 1 tbsp. of oil and toss with turmeric spice. Roast the cauliflower for 15-20 minutes, rotating the baking sheet and flipping the florets midway. The cauliflower will become tender and the edges will caramelize.

STEP 3 Meanwhile, prepare the lettuce by picking, washing, and drying whole leaves. Slice the watermelon radishes into quarters and then thinly shave each quarter piece into triangles. Set aside.

STEP 4 Place a large cast iron skillet over medium-high heat. Using a slotted spoon, remove the beef stew from the slow cooking liquid. When the pan just begins to smoke, add 1-2 tbsp. oil and then carefully add the beef to the skillet. Sear the beef stew meat on each side for 3-4 minutes to crisp and brown.

STEP 5 To serve, use 1-2 leaves of lettuce to form a cup. Add the crisped beef, followed by a drizzle of the roasted garlic tahini sauce and a garnish of sliced watermelon radish. Serve the lettuce cups with a side of turmeric roasted cauliflower. Enjoy!