

## Slow Cooker Korean Beef Lettuce Wraps

**2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 6 hours**

Peeler Ranch Beef Stew Meat, thawed  
Farmhouse Kitchen Korean BBQ Sauce, thawed  
Farmhouse Kitchen Kimchi  
Aqua Dulce Bibb/Butter Lettuce, root ball removed, washed, dried well  
Patty's Herbs Mint, washed. leaves removed from woody stems  
Gundermann Acres Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Ginger Magic  
Olive Oil or Ghee  
Salt and Pepper

**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 stew meat and sauce directly into the slow cooker insert.

### **MORNING:**

**STEP 1** Pat stew meat dry with paper towels and lightly season with salt and pepper. Place skillet or saute pan over medium heat. Once hot, add 1 tbsp. oil and then add the meat in an even layer. This helps the meat sear and prevents steaming due to overcrowding. Cook the meat for 4-5 minutes until a brown crust forms. (Depending on the size of your pan, you may need to sear the meat in batches. Add more oil in between batches.) Next, carefully add 1/4 cup of water and the Korean BBQ sauce 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 sauce. Carefully transfer meat and sauce to the slow cooker insert. Set heat to low and cook for 6-7 hours.

### **EVENING:**

**STEP 2** During the last hour of slow cooking, preheat the oven to 425°F degrees. Cut the carrots into 2" rounds. Add the carrot pieces to a baking sheet, drizzle with 1 tbsp. oil, and season with 1/4 tsp. salt and pepper. Toss to coat. Roast the carrots for 15 minutes until almost tender. Remove the carrots from the oven and toss with the ginger magic. Roast the carrots for 5 more minutes or until they are tender and glazed. Season with salt and pepper to taste before serving.

**STEP 3** While the carrots are roasting, roughly chop the mint leaves and set aside. Separate whole lettuce leaves from the core.

**STEP 4** To serve, add a portion of stewed beef to a whole lettuce leaf. Top the beef with kimchi and chopped mint. Serve Korean beef lettuce cups with a side of ginger magic roasted carrots. Enjoy!

## Slow Cooker Korean Beef Lettuce Wraps

**4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 6 hours**

Peeler Ranch Beef Stew Meat, thawed  
Farmhouse Kitchen Korean BBQ Sauce, thawed  
Farmhouse Kitchen Kimchi  
Aqua Dulce Bibb/Butter Lettuce, root ball removed, washed, dried well  
Patty's Herbs Mint, washed. leaves removed from woody stems  
Gundermann Acres Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Ginger Magic  
Olive Oil or Ghee  
Salt and Pepper

**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 stew meat and sauce directly into the slow cooker insert.

### **MORNING:**

**STEP 1** Pat stew meat dry with paper towels and lightly season with salt and pepper. Place skillet or saute pan over medium heat. Once hot, add 2 tbsp. oil and then add the meat in an even layer. This helps the meat sear and prevents steaming due to overcrowding. Cook the meat for 4-5 minutes until a brown crust forms. (Depending on the size of your pan, you may need to sear the meat in batches. Add more oil in between batches.) Next, carefully add ½ cup of water and the Korean BBQ sauce 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 sauce. Carefully transfer meat and sauce to the slow cooker insert. Set heat to low and cook for 6-7 hours.

### **EVENING:**

**STEP 2** During the last hour of slow cooking, preheat the oven to 425°F degrees. Cut the carrots into 2" rounds. Add the carrot pieces to a baking sheet, drizzle with 2 tbsp. oil, and season with ½ tsp. salt and pepper. Toss to coat. Roast the carrots for 15 minutes until almost tender. Remove the carrots from the oven and toss with the ginger magic. Roast the carrots for 5 more minutes or until they are tender and glazed. Season with salt and pepper to taste before serving. (NOTE: You may need to roast in multiple batches)

**STEP 3** While the carrots are roasting, roughly chop the mint leaves and set aside. Separate whole lettuce leaves from the core.

**STEP 4** To serve, add a portion of stewed beef to a whole lettuce leaf. Top the beef with kimchi and chopped mint. Serve Korean beef lettuce cups with a side of ginger magic roasted carrots. Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Beef Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Korean BBQ Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Gundermann Acres green onions, ginger, garlic, apple, coconut aminos, fresno chili flake, chicken stock)

Kimchi - Store in the refrigerator. Use within 5 days. (Ingredients: J & B Farm cabbage, ginger, garlic, carrot, salt, coconut aminos)

Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Mint - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Ginger Magic (Ingredients: Gray Gardens green onion, ginger, salt, Texas Olive Ranch extra virgin olive oil, chili flake)

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.  
\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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