



## Beef Heart Stew *Adapted from Healthy Recipes*

### Ingredients

- [1 SFF beef heart](#), about 1.5 lbs.
- 1 cup beef stock
- ½ tsp Diamond Crystal kosher salt or ¼ tsp of any other salt
- ½ tsp garlic powder
- ½ tsp ground cumin
- ½ tsp paprika
- ½ tsp dried oregano
- 1 tsp cornstarch
- 1 tsp unsalted butter
- 2 tsp parsley chopped, for garnish

### Instructions

1. Using a sharp chef's knife, cut the heart into 1-inch cubes. If they have a thick fat layer, you can trim some of it. Place the cubes in the slow cooker pan.
2. Add the beef stock. Sprinkle the meat with salt, pepper, garlic powder, cumin, paprika, and oregano.
3. Cover and cook on HIGH for 4 hours.
4. Use a slotted spoon to temporarily transfer the heart to a plate and strain the cooking liquids into a saucepan. Return the meat to the slow cooker, cover it, and set it to warm.
5. Mix the cornstarch with 2 teaspoons of cold water. Stir this cornstarch slurry and 1 tablespoon of unsalted butter into the liquids in the saucepan. Cook over medium heat, whisking often, until the sauce thickens, about 2 minutes. Remove from the heat as soon as the sauce thickens.
6. Transfer the beef heart to plates. Top with the sauce, garnish with parsley and serve over rice, and pair with a full-bodied Pinot Noir for a rich experience!

