

Slow cooked beef cheeks

Ingredients

- 2 tbs olive oil
- 4 shallots, peeled, coarsely chopped
- 4 carrots, coarsely chopped
- 6 cloves garlic, crushed
- 900g beef cheeks (chuck casserole or gravy beef)
- 1/4 cup (35g) plain flour
- 2 cups (500ml) dry red wine
- 1 cup (250ml) beef stock
- 400g can diced tomatoes
- 1 tbs brown sugar
- 2 sprigs rosemary
- Extra rosemary, to serve
- Mashed potato, to serve
- Steamed green vegetables, to serve

Nutritional information

Per serve: Energy: 2753kJ/659 Cals (32%), Protein: 51g (102%), Fat: 29g (41%), Sat Fat: 9g (38%), Sodium: 512mg (26%), Carb: 21g (7%), Sugar: 14g (16%), Dietary Fibre: 7g (23%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat half the oil in a large saucepan over medium heat.

2. Step 2

Add shallots and carrots. Cook, stirring occasionally, for 5 mins or until shallots are golden. Stir in garlic. Remove and set aside.

3. Step 3

Place the beef and flour in a bowl. Toss until beef is well coated, shaking off excess.

4. Step 4

Add remaining oil to the same saucepan and cook beef for 3 mins each side or until browned. Remove and set aside.

5. Step 5

Add wine, stock, tomatoes, sugar and rosemary to the same pan. Bring to the boil then pour into the bowl of a 5L slow cooker. Stir in carrot mixture. Add beef, ensuring it is submerged. Season.

6. Step 6

Cover with lid. Turn slow cooker on low. Cook for 8 hours or until beef is tender. (Alternatively, turn slow cooker on high and cook for 4 hours).

7. Step 7

Remove beef cheeks with a slotted spoon and transfer to a bowl. Pour sauce and vegetables into a large saucepan and place over medium heat.

8. Step 8

Gently boil for 5 mins or until sauce is reduced and thickened.

9. Step 9

Sprinkle with fresh rosemary and serve with mash and green vegetables.