



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

---

## *Mexican Braised Beef Cheek*

*Serves 4-6*

---

Beef cheek is a delicious, very tender piece of meat. Cleaning and preparing beef cheek so it is ready to cook is not for everyone, however. Read the notes on trimming, below.

### **Ingredients**

1.5-2 pounds grassfed beef cheek, trimmed and cut into pieces for browning  
flour to coat meat  
fat or butter for browning  
3-4 cloves garlic, peeled and sliced  
1-2 medium onions, peeled and sliced  
2 cups diced tomatoes (or 1 can diced tomatoes)  
Cumin  
Chili powder  
Salt, to taste  
Chopped fresh cilantro and chives, if available  
Sour Cream, optional  
Tortillas

### **Directions**

Coat pieces of meat with a light dusting of flour. Melt fat or butter in heavy, 10-inch skillet. When fat is hot, brown meat on both sides, a few pieces at a time. Remove meat to a slow cooker.

Add sliced onion to skillet, and cook until caramelized, adding garlic toward the end. Add tomatoes (with liquid if canned) and Worcestershire sauce. Season with chili powder, cumin, and salt. Cook and stir until hot and bubbly. Pour contents of pan over meat. Cover, and cook on low heat barely at a simmer for 6-8 hours. Occasionally check to see that there is sufficient liquid. Add water if necessary to prevent meat from drying.

Prior to serving, stir with forks to shred the meat. Serve with chopped cilantro and chives, sour cream and tortillas. Or, use the slow-cooked meat and vegetable mixture as a stuffing for burritos.

### **Notes on trimming beef cheek:**

Beef cheeks, as received, include a lot of fatty tissue. Before trimming the fat, remember that grassfed FAT contains the Omega-3 fatty acids, CLA, and Vitamin E that make grassfed beef so nutritious. Trim fat if you have an excess, but you rob your dish of flavor and nutrition if you cut it all out.

Cheek meat may also come with some tough, thick GREY or white skin attached, which is the inner lining of the cheek and tongue. With a very sharp knife, carefully peel this skin from the cheek meat before cooking.

Any thin, WHITE connective tissues may be left attached to the meat, as the connective tissues will become soft with cooking.