

## Slow-Cooker Moroccan Beef & Tortillas

### Ingredients:

#### Moroccan Beef:

- 40g onions, sliced
- 900g beef roast
- 4 tbsp garam masala seasoning
- 1 tsp sea salt

#### Tortillas:

- 1¼ cups almond flour
- 5 tbsp ground psyllium husk powder
- 1 tsp sea salt
- 2 eggs
- 1 cup water
- 2 tbsp coconut oil for frying

### Instructions:

#### Moroccan beef:

1. Slice the onion into thin strips. Place into a slow cooker.
2. Put the beef roast into the cooker on top of the onions. Add spices and salt.
3. Cook on low heat for 8 hours.
4. Shred with a fork and cook on lowest setting for another 2 hours; this allows the spices to permeate the beef.

#### Tortillas:

1. In a medium sized bowl, combine the almond flour, psyllium powder (sorry... no substitutes: flaxseed meal won't work), and salt.
2. Add in the eggs and stir until dough thickens. Add water (or marinara) to the bowl. Mix until well combined. Let sit for a minute or two until the dough gels up.
3. Separate into 10 balls 5cm.
4. Place the dough onto a piece of greased parchment paper.
5. Top with another greased piece of parchment. Using a rolling pin, roll the dough out in a circle shape with even thickness throughout. This dough is very forgiving, so if you don't get the circle quite right with the rolling pin, use your hands to adjust it.
6. Heat a large pan over medium-high heat with coconut oil or coconut oil spray.
7. Once hot, place a raw tortilla on the pan. (If the tortilla sticks to the parchment the first time, as it did for me, just use your hands to close up any holes... the dough is still very forgiving.) Sauté until light brown, then flip and cook through.

### Nutritional Information:

Per serving

Net carbs: 1 % (1 g)

Fiber: 5 g

Fat: 69 % (27 g)

Protein: 30 % (27 g)

Calories: 375

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#### Retail Store

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