

# **BEEF TONGUE (CROCK-POT)**

By Carla McDougal

1. Wash and dry the tongue.
2. Season with salt and pepper and let stand for 15 minutes.
3. Put into a crock pot with 1 quartered onion and 5 cloves of garlic (crushed or minced). Place enough water to cover.
4. Either put on high for 4 hours, then low till done or put on low for 12 hours.
5. If the water gets low, add more.
6. Cool the tongue and peel it.
7. For taco meat, chop up the tongue after cooking and sauté with onion, cilantro and salsa.

## **MOUNTAIN BEEF**

Naturally grown beef: grass-fed, chemical and hormone-free, lower in fat and calories

Mark and Amy Ramsden  
68340 Warnock Rd., Lostine, OR 97857  
OR: (541) 569-2450 | WA: (509) 595-7080  
[www.mountain-beef.com](http://www.mountain-beef.com) | email: [ramsdenranch@eoni.com](mailto:ramsdenranch@eoni.com)