

Slow Cooker Beef Heart

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-beef-heart-recipe>

Ingredients:

- 1 beef heart approximately 1 pound
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 onion sliced

Nutrition:

1. Calories: 5 calories
2. Carbohydrate: 2 grams
3. Sodium: 300 milligrams
4. Sugar: 1 grams

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