

Korean Beef Short Ribs

Set it and forget! This is a very busy time of year and it's so much easier to put your dinner in the crock pot, set it and forget it. Enjoy.

xoxo,
Kristin

1. In a large skillet heat oil over medium-high heat. Brown meat, half at a time if necessary, in hot coconut oil. In a bowl combine the next five ingredients (through black pepper) . Wearing gloves if you want, rub mixture into meat.
2. Place meat in a 3 1/2 or 4 quart slow cooker. In a bowl combine the next six ingredients (through sesame oil). Pour over meat .
3. Cover and cook on low for 6 to 7 hours or on high for 3 to 4 hours.
4. Line a serving platter with cabbage. Place beef on cabbage. Skim fat from cooking liquid. Stir carrots and onions into sauce in cooker. Pour sauce over beef and cabbage.