



MANGO SLOW COOKED BEEF



SAVEUR PRODUCT USED

SPICED FIG, MAPLE & PEAR BALSAMIC VINEGAR, ROAST RUB

INGREDIENTS

- 3 pounds of stewing beef cut into 1 to 1-½ inch chunks**
- 1 large onion**
- 2 large mangoes (4 peaches or nectarines or apricots could be substituted)**
- 2 tbsp *Saveur Roast Rub***
- 1 cup water**
- 1 tbsp *Saveur Spiced Fig, Maple & Pear Balsamic Vinegar***

METHOD

Chop onion – cut in half and then slice thinly

Chop mangoes or fruit of choice into small pieces (they will dissolve and make the sauce)

CROCK POT/ SLOW COOKER

Place meat, onion, mangoes, *Saveur Roast Rub* & water into the slow cooker and turn to low

Cook for 8 hours on low (4-5 on high). The meat should be tender and falling apart

1 tbsp *Saveur Spiced Fig, Maple & Pear Balsamic Vinegar* & stir well

INSTANT POT/ PRESSURE COOKER

Heat 1 tbsp butter or ghee in the pot & brown the meat for 5-6 minutes

Add remaining ingredients & 1/2 cup water (instead of 1 cup for slow cooker)

Cook on high pressure for 35 minutes

Natural pressure release

Scoop out meat to shred and use an immersion blender to blend the mango and onions into a sauce

Ready in 50 minutes!

