

Tangy Beef and Vegetables (Crockpot or Not)

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Ingredients:

1 can (15 oz) tomato sauce
2/3 cup spicy pepper jelly (can use the mild version if preferred)
1/3 cup orange juice
1 TBSP canola oil
2 1/2 # lean stew beef
1 tsp garlic powder
1 bag (10 oz) frozen chopped onions

1 cup baby carrots
3 new potatoes, quartered
4 oz snap peas

Directions:

*For the sauce, whisk together the tomato sauce, pepper jelly, orange juice, and 1/2 cup of water (for slow cooker) or 1 cup water (for oven cooking).

*Heat the canola oil in a large skillet. Add the beef and sprinkle with the garlic powder. Cook until browned, drain the fat.

*FOR SLOW COOKER: Spray the slow cooker with cooking spray, turn on to low heat. Mix in the cooked beef, onion, and sauce. Cover and cook for 4 hours. Raise the heat level to high, add the carrots and potatoes, cook for 1 1/2 hours, mix in the snap peas and cook for another 1/2 hour.

*FOR OVEN: Preheat oven to 350 degrees. Mix the cooked beef, onion, and sauce in a dutch oven. Cook for 2 1/2 hours. Remove from oven but leave the oven on. Uncover carefully, mix in the carrots and potatoes, recover, and return to the oven for 1/2 hour. Mix in the snap peas, cover and cook another 1/2 hour.