



Jalapeno and Portobello Braised Beef

MyPlate2Yours - Lynn Dugan

Ingredients

2 pounds lean stew meat
1/4 cup packed brown sugar
1/4 cup each: reduced sodium soy sauce and Worcestershire sauce
2 jalapeno peppers, seeded and sliced thin
2 tablespoons red wine vinegar
1 tablespoon quick-cooking tapioca
4 cloves garlic, chopped
1 cup fresh cilantro, chopped
2 large Portobello mushrooms, stemmed and sliced
1 medium onion, sliced

Directions

Trim fat from meat. Place pieces in a slow cooker. In a medium bowl, stir together brown sugar, soy sauce, Worcestershire, jalapeno, vinegar, tapioca and garlic. Stir in cilantro. Pour mixture over meat in cooker. Top with mushrooms and onion.

Cover and cook for 6-8 hours. Serve over cooked egg noodles, polenta, or mashed white or sweet potatoes. Enjoy!