Slow Cooker Piccadillo

Sanford Brown - Covington, GA Taste of Home Recipe Book 2015

Servings: 8

2 large onions, chopped 2 tablespoons olive oil 3/4 cup white wine OR beef broth 2 pounds lean (90%) ground beef 1 1/4 cups crushed tomatoes 1 can (8 ounce) tomato sauce 1/3 cup tomato paste 4 cloves garlic, minced 2 teaspoons dried oregano 1/2 teaspoon salt 1/2 teaspoon ground cinnamon 1/2 teaspoon ground cloves 1/2 teaspoon pepper 1 cup raisins 1 medium green pepper, chopped 3/4 cup pimiento-stuffed olives, coarsely chopped 2 tablespoons jalapeno pepper, seeded and chopped hot cooked brown rice

Preparation Time: 30 minutes Slow Cooker: 4 hours 30 minutes

In a large skikllet, cook the onions in oil over low heat for 15 to 20 minutes or until brown, stirring occasionally. Add the wine. Cook and stir for 2 minutes longer. Transfer to a three- or four-quart slow cooker.

In the same skillet, cook the beef over medium heat until no longer pink. Add to the slow cooker.

In a bowl, combine the tomatoes, tomato sauce, tomato paste, garlic, oregano, salt, cinnamon, ground cloves and pepper. Pour over the top of the beef. Cover.

Cook on LOW for four to six hours or until heated through.

Place the raisins in a small bowl. Cover with boiling water. Let stand for 5 minutes. Drain.

Stir the green pepper, olives, jalapeno and raisins into the slow cooker. Cover.

Cook for 30 minutes longer.

Serve with rice.

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Per Serving (excluding unknown items): 134 Calories; 4g Fat (23.2% calories from fat); 3g Protein; 26g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 458mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1 Fruit; 1/2 Fat.