

# Mango Roast Beef

1 large Beef rump roast

8oz Mango sauce

## MANGO SAUCE

4 tsp Mango tea

1 cup Corn syrup

1/3 cup Brown sugar

1/2 cup water

Combine the light cream, heavy cream, and vanilla extract in a medium-size saucepan. Place the Mango Tea in a cup and pour in 1/2 cup of boiling water. Steep for 5 - 7 minutes. Strain the tea leaves.

Add liquid to sauce pan. In the saucepan combine corn syrup and brown sugar. Mix well.

Let simmer for 1 minute. Bring the sauce to a boil. Let cool.

Combine Mango sauce and beef roast in your crock pot.

Cook all day on low for 8-10 hours.