

# BBQ Beef in a Slow Cooker

Tender, pulled beef for sandwiches!



Level: Medium

Serves: 6 to 8

## Kids' Tool Kit

Cutting board  
Sharp knife  
Slow cooker  
Medium bowl  
Large spoon  
Measuring spoons  
Measuring cups  
Fork

## Chef's Choice

Barbecued Roast  
Beef Sandwiches  
Potato salad  
Fresh or canned fruit  
Low fat milk

## Ingredients:

- 1 1/2- to 2- pound beef round roast
- 1 onion
- 1 cup water
- 2 tablespoons vinegar
- 3/4 cup barbecue sauce
- 6 to 8 hamburger buns



## Directions:

**Remember to wash your hands!**

1. Lightly coat slow cooker with cooking spray.
  2. Place beef round roast in center of slow cooker and re-wash hands with soap and water.
  3. Peel, wash and chop onion. Add onion, water and vinegar around meat in slow cooker.
  4. Cover slow cooker and cook on low temperature setting for approximately 8 to 10 hours or until beef reaches an internal temperature of 160 degrees.
  5. Remove beef from the slow cooker, trim fat and pull or cut meat into small pieces. Place in a medium bowl.
  6. Pour barbecue sauce over pulled beef and mix well.
  7. Place about 1/2 cup beef on each bun.
- Optional: lettuce, pickles or peppers on sandwich

## Nutrition Facts

Serving Size 1/2 cup beef (309g)  
Servings Per Container 8

Amount Per Serving	
Calories 510	Calories from Fat 210
% Daily Value*	
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 9g	<b>43%</b>
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 660mg	<b>27%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 9g	
<b>Protein</b> 36g	

Vitamin A 6% • Vitamin C 6%  
Calcium 10% • Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Helpful Hints:** Kids may need adult supervision preparing this recipe.

Adding barbecue sauce to cooked roast is an easy way to make quick barbecued sandwiches. When you take the meat from the slow cooker, you may need to let the roast cool just a few minutes before you pull it apart. Use two forks to pull or shred the meat.

Try serving the barbecued meat in a pita, on a pizza or roll it up in a tortilla. Or chill the meat in the fridge, slice it and make roast beef sandwiches on whole wheat bread.



**Safety Tip:** If you're using beef from the freezer, remember to thaw it in the refrigerator, in a bag under cold running water or in the microwave oven before placing it in the slow cooker. You may need to plan ahead if the roast is more than 2 pounds. A roast this size could take up to two days to defrost in the refrigerator. Just remember to thaw the meat before cooking.

If the meat is fresh, keep it in the refrigerator at 40 degrees no longer than 3 to 5 days before cooking.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).