

BBQ Beef in a Slow Cooker

Tender, pulled beef for sandwiches!

6-8 servings

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:

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: One 1/2 cup serving provides 510 calories, 24g total fat, 95mg cholesterol, 660mg sodium, 35g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Barbecued Roast Beef Sandwiches
Potato Salad
Fresh or Canned Fruit
Low Fat Milk

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