

## PROTEIN

- 1 beef Bottom Round Roast (~2 ½ lbs.)
- 2 lbs. beef Short Ribs, boneless
- 3 ½ lbs. beef Stew Meat

## PRODUCE

- 2 c. diced Granny Smith apple
- 2 c. shredded carrots
- 1 ½ c. diced fresh (or jarred, drained) mango
- 3 medium sweet onions
- 2 red bell peppers
- 1 T. minced fresh ginger
- 2 T. minced garlic

## DRY GOODS/PANTRY

- ½ c. whiskey
- ¼ c. + 2 T. apple cider vinegar
- 1 can (6 oz.) tomato paste
- 4 T. brown sugar
- ¼ c. molasses
- 1 ½ t. salt
- ½ t. ground red pepper
- 1 T. Dijon-style mustard
- 1 c. hickory-flavored barbecue sauce
- 1 c. reduced-sodium beef broth
- 1/3 c. reduced-sodium soy sauce
- ½ c. no-salt-added tomato paste
- 8 to 10 French bread rolls

## REFRIGERATOR

- 1 pkg. reduced-fat shredded cheddar cheese

## FULL RECIPES:

[Slow-Cooked Whiskey Molasses Shredded Beef](#)

[Slow-Cooker Beef Short Ribs with Ginger-Mango Barbecue Sauce](#)

[Sweet Onion & Pepper Beef Sandwiches with Au Jus](#)