

Slow Cooker BBQ Beef



Makes: 12 servings

Prep time: 15 minutes

Cook time: 8 hours

Ingredients:

- 2 $\frac{3}{4}$ - 3 lb. boneless beef chuck roast
- 1 large yellow onion, thinly sliced
- 1 (6-oz.) can tomato paste
- 2 Tbsp. Dijon mustard
- 1 $\frac{1}{2}$ Tbsp. apple cider vinegar
- $\frac{1}{2}$ cup water
- 2 tsp. garlic powder
- 1 $\frac{1}{2}$ tsp. oregano, dried
- 2 tsp. chili powder
- 2 tsp. smoked paprika
- 1 tsp. salt
- $\frac{1}{2}$ tsp. black pepper

Simple Cole Slaw

- 1 (9-ounce) bag coleslaw mix (*shredded green cabbage, carrots and red cabbage*)
- $\frac{1}{3}$ cup mayo
- 3 Tbsp. apple cider vinegar
- $\frac{1}{4}$ tsp. garlic powder
- Salt & Pepper to taste

Directions:

1. Slice onions and place on the bottom of the slow cooker.
2. Cut beef roast into 3 chunks, about 1 lb. each. If searing meat before placing in the slow cooker, heat 1 Tbsp. fat of choice in a Dutch oven or other large pan over medium-high heat. When fat is hot, add beef and sear 4-5 minutes on each side, turning once.
3. Transfer meat to a slow cooker with the onions.
4. Mix together remaining ingredients and pour over beef and onions. Stir to coat meat and onions.
5. Place lid on slow cooker and cook on LOW heat for 8-10 hours or until meat is tender and shreds easily.
6. Remove meat from the slow cooker to a baking dish and shred with 2 forks, return meat to the slow cooker and stir into onions and sauce before serving.
7. Store leftovers in a lidded container in the fridge for up to 4 days or freeze for longer storage.

Recipe credit: Jess and Stacie, [The Real Food RDs](#)

Nutritionals (serving size: 4 oz.)

Calories: 385

Total Fat: 24 g

Saturated Fat: 8 g

Sodium: 275 mg

Carbohydrates: 4 g

Fiber: 2 g

Sugar: 2 g

Protein: 35 g