

SLOW COOKER PULLED BEEF

INGREDIENTS:

ROAST MEAT

- 500g Beef Tri-tip or Chuck Roast
- 1/2 teaspoon ground mustard
- 1/2 teaspoon paprika
- 1/2 teaspoon chilli powder
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 medium onion, halved and sliced

SAUCE

- 100g tomato sauce
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Soy Sauce
- 3 garlic cloves, minced
- 2 teaspoons Balsamic vinegar

METHOD:

1. Combine the first six ingredients and rub on the roast. In a large pan brown beef in oil on all sides. Transfer to a 5 litre slow cooker. Add onion and the sauce combined
2. Cover and cook on low for 6-8 hours or until meat is tender
3. Remove roast; cool slightly. Skim fat from the reserved juice in the slow cooker. Shred beef with two forks and return to the slow cooker to heat up beef
4. Serve wrapped in bread, lettuce wrap, in burritos or on rice/noodles



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