



## Slow Cooker BBQ Beef

This slow cooker BBQ recipes is packed full of flavor and comes out fall-apart tender. The sugar and sodium are lower than in most BBQ recipes without losing the flavor or adding anything artificial. This recipe freezes well also.

Prep Time: 15 min.

Cook Time: 10 hrs.

**Ready In: 10 hrs. 15 min.**

**Serving Size:** 20 servings

### Ingredients

- ✓ 4 lbs boneless beef chuck, arm, rum, or pot roast
- ✓ 2 onions, diced
- ✓ 4 celery stalks, sliced
- ✓ 4 garlic cloves, minced (or 1 tsp of garlic powder)
- ✓ 1 cup of BBQ sauce
- ✓ 1 ½ cups catchup
- ✓ ¼ cup molasses
- ✓ ¼ cup vinegar
- ✓ 2 tbsp mustard
- ✓ 1/3 tsp chili powder
- ✓ ¼ tsp black pepper

### Directions

1. Trim & remove all visible fat. Place beef in slow cooker, then add onions, celery, and garlic. Mix the remaining ingredients in a medium bowl and pour over meat.
2. Cook on low 8-10 hours, then shred the beef in the crock pot with 2 forks, stir and cook for about another hour.

**Tip:** If you are missing either the ketchup, or the BBQ, or the molasses (1 of the 3, but not all of the 3) it still tastes alright without it. Also tomato paste diluted with water to make 1.5 cups, can be used instead of catchup.

### Nutrition

*Amount per serving*

- ❖ Calories: 173
- ❖ Total Fat: 3 g
- ❖ Total Carbs: 16 g
- ❖ Protein: 19 g
- ❖ Cholesterol: 54 mg
- ❖ Sodium: 383 mg