

Four-Way Slow Cooker Shredded Beef

10 HRS 6 200 29 G
30 MIN SERVINGS CAL PROTEIN

🕒 Total Time: 10 hrs 30 min

Ingredients:

- ☐ 1 beef Cross Rib Roast, Shoulder Roast or Blade Chuck Roast Boneless (about 2 to 2-1/2 pounds)
- ☐ 1 tablespoon vegetable oil (optional)
- ☐ 1 large onion, chopped
- ☐ 2 tablespoons minced garlic
- ☐ Salt and pepper
- ☐ Recipe Variations (recipes follow)



Cooking:

- 1 For optional browning, heat oil in large nonstick skillet over medium heat until hot. Brown beef Cross Rib Roast on all sides.
- 2 Place onion and garlic in 3-1/2 to 5 quart slow cooker; place roast on top. Cover and cook on HIGH 5 to 6 hours or LOW 9 to 10 hours or until roast is fork-tender.
- 3 Remove roast from slow cooker. Skim fat from cooking liquid, if necessary and reserve 1 cup onion mixture. Shred beef with 2 forks. Combine shredded beef and reserved onion mixture. Season with salt and pepper, as desired. Continue as directed in Recipe Variations below, as desired.

4 Recipe Variations:

Mexican Shredded Beef: Combine tomato or tomatillo salsa and beef mixture, as desired. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in warmed flour or corn tortillas topped with pico de gallo, sliced avocados, shredded cheese, chopped cilantro and/or chopped white or green onions, as desired.

BBQ Shredded Beef: Combine prepared barbecue sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve

on whole wheat rolls topped with creamy horseradish sauce, coleslaw, Cheddar cheese slices, chopped green bell pepper and/or canned French fried onions, as desired.

Asian Shredded Beef: Combine prepared hoisin or teriyaki sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in lettuce or cabbage cups topped with shredded carrots, sliced cucumbers, chopped fresh cilantro or mint, sriracha or crushed red pepper flakes and/or chopped peanuts, as desired.

Indian Shredded Beef: Combine prepared Indian cooking sauce, such as Tikka Masala or Vindaloo. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in naan or pita bread topped with toasted chopped pistachios or coconut, raisins, Greek yogurt or mango chutney, chopped fresh mint or cilantro and/or sliced cucumbers or green onion, as desired.

Alternate Cooking Method:

- 1 This recipe can be made in a 6-quart electric pressure cooker. Place beef roast, onion, garlic and 1/2 cup beef broth in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Test Kitchen Tips

Cover the pressure release valve on your pressure cooker with a kitchen towel to avoid steam burns.

