Slow-Cooked Whiskey-Molasses Shredded Beef

10 HRS 30 MIN	8 SERVINGS	350 CAL	33 G PROTEIN



Prep Time: 15 min
Total Time: 10 hrs 30 min

Ingredients:

- [ ] 1 beef Bottom Round Roast (about 2-1/2 pounds), cut into 1-inch pieces
- [ ] 1/2 cup whiskey
- [ ] 1/4 cup plus 2 tablespoons apple cider vinegar, divided
- [ ] 1 can (6 ounces) tomato paste
- [ ] 4 tablespoons packed brown sugar, divided
- [ ] 1/4 cup molasses
- [ ] 1-1/2 teaspoons salt
- [ ] 1/2 teaspoon ground red pepper
- [ ] 1 tablespoon Dijon-style mustard
- [ ] 2 cups shredded carrots
- [ ] 2 cups diced Granny Smith apple

Cooking:

1. Place beef Bottom Round Roast in 4-1/2 to 5-1/2 quart slow cooker. Combine whiskey, 1/4 cup vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper; pour over roast. Cover and cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is, fork-tender.

2. Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker; stir to combine with sauce.

3. Meanwhile, combine remaining 2 tablespoons vinegar, remaining 2 tablespoons brown sugar and mustard in large bowl. Add carrots and apples; mix well. Season with salt and black pepper, as desired. Refrigerate until ready to serve. Serve beef with slaw.

Cook's Tip:
Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

Serving Suggestion: Sandwiches, tacos, nachos or sliders.

Alternate Cooking Method

1 This recipe can be made in a 6-quart electric pressure cooker. Place beef Bottom Round Roast in pressure cooker; add 1/2 cup beef broth. 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. Shred beef; return to pressure cooker. Combine cooking liquid, whiskey, 1/4 cup cider vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper in small saucepan. Simmer 20 to 25 minutes until desired consistency is reached. Combine sauce and shredded beef. 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.

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