

## Shredded BBQ Beef

### Ingredients

- \* 7 pound beef chuck roast
- \* 1 cup apple cider
- \* 3 Tbs white vinegar
- \* 4 Tbs brown sugar
- \* 2 tsp dry mustard
- \* 4 Tbs Worcestershire sauce
- \* 3 Cups of ketchup
- \* 1 tsp salt
- \* 1 tsp ground black pepper
- \* 1/4 tsp cayenne pepper
- \* 6 cloves of garlic, minced
- \* 1/2 tsp pepper flakes, optional
- \* 1/4 cup minced red onion



### Directions

Place the roast into a slow cooker. Add the apple cider and cook on LOW for about 2-1/2 to 3 hours, until beef can be shredded with a fork.

Shred the beef, removing fat as you go. Remove half of the broth and reserve it for later. Add all of the remaining and stir to coat the beef. Cover and continue to cook on LOW for another 4 to 5 hours. Add the reserve broth only if needed to moisten. Serve on toasted buns with your favorite cole slaw or other side dish. Enjoy.

Winter is a great time for food. Be creative and add your own special touches to any recipe. At Expressions, we would love to post your thoughts on the recipe of the month. We encourage you to submit your own favorite recipes so that we can post them online. Send them to us at: [events@sslexus.com](mailto:events@sslexus.com)