

# Ways

Tangy BBQ Sandwiches or Chipotle Tacos--your choice! This recipe provides two options to spice up a shredded Shoulder Roast.

## INGREDIENTS

1 beef Shoulder Roast Boneless (2-1/2 pounds)

1 beef Shoulder Clod Arm Roast Boneless (2-1/2 pounds)

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3.00  
Hours



6  
Servings



42 Cal



31g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]



Salt and pepper

Salt and pepper



Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

1 can (14 to 14-1/2 ounces) beef broth

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1 can (14 to 14-1/2 ounces) beef broth

1 can (14 to 14-1/2 ounces) beef broth

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



2 tablespoons minced garlic

Tangy BBQ Sandwiches or Chipotle Tacos (recipes follow)

[illegible]

[illegible]

[illegible]

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## COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.

2. Heat oil in stockpot over medium heat until hot. Place beef Shoulder Clod Arm Roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.

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143. Add broth and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until roast is fork-tender.

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285. Remove roast; cool slightly. Skim fat from cooking liquid; reserve liquid. Trim and discard excess fat from cooked pot roast. Shred roast with 2 forks. Use to prepare Tangy BBQ Sandwiches or Chipotle Tacos.

**Tangy BBQ Sandwiches**• Combine shredded roast and 1-1/2 cups prepared barbecue sauce in 3-quart saucepan. Cook over medium heat 8 to 10 minutes or until heated through, stirring frequently, adding enough reserved cooking liquid (up to 1/2 cup) to maintain a moist consistency, if necessary. Serve on split Kaiser rolls.

**Chipotle Tacos**• Combine shredded roast and 1 jar (16 ounces) prepared chipotle salsa in 3-quart saucepan. Cook over medium heat 8 to 10 minutes or until heated through, stirring frequently, adding enough reserved cooking liquid (up to 1/2 cup) to maintain a moist consistency, if necessary. Stir in 3 tablespoons chopped fresh cilantro, if desired. Serve mixture with warmed flour tortillas.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		12g	80mg		35g	31g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com