





Slow-Cooked Whiskey- Molasses Shredded Beef

This isn't your grandma's shredded beef recipe—or is it?! Bottom Round Roast slow-cooked in sweetness and served with a carrot-apple slaw.

INGREDIENTS

- 1 beef Bottom Round Roast (2 1/2 to 3 pounds), cut into 1-inch pieces
- 1 beef Bottom Round Roast (about 2-1/2 pounds), cut into 1-inch pieces
- 1 beef Bottom Round Roast (about 2-1/2 pounds), cut into 1-inch pieces
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10.50 Hours	8 Servings	42 Cal	33g Protein

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1/2 cup whiskey

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1 can (6 ounces) tomato paste

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4 tablespoons packed brown sugar, divided

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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. 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.

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25. 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.

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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.

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237. To make the slaw: 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.

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355. This recipe can be made in a 6-quart electric pressure cooker. Place beef Bottom Round Roast in pressure

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		9.1g	92mg		25g	33g	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