

Slow-Cook Barbecue

Vinegar, brown sugar, and garlic come together to give this slow cook beef barbecue a sweet and tangy flavor. Serve with a side salad.

Makes: 5 Servings
 Prep Time: 10 minutes
 Cook Time: 3-5 hours

Source: MyPlate.gov

Ingredients

- 1 1/2 pounds chuck steak (boneless, 1 1/2 inches thick)
- 1 garlic clove (peeled and minced)
- 1/4 cup wine vinegar
- 1 tablespoon brown sugar
- 2 tablespoons Worcestershire sauce
- 1/2 cup ketchup
- salt (1 teaspoon, optional)
- 1 teaspoon dry or prepared mustard
- 1/4 teaspoon black pepper

Directions

1. Wash hands with soap and water.
2. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker.
3. Combine the remaining ingredients and pour over the meat.
4. Mix the meat and sauce together.
5. Cover and cook on low for 3 to 5 hours.
6. Serve on toasted hamburger buns with a mixed green salad.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe	
Nutrients	Amount
Calories:	195
Total Fat:	5g
Saturated Fat:	2g
Cholesterol:	71mg
Sodium:	342mg
Total Carbohydrates:	8g
Dietary Fiber:	0g
Total Sugars:	6g
Added Sugars:	5g
Protein	28g

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups and spoons
- Slow cooker

SHOPPING LIST

Average total cost without oil and seasonings: \$15.58

Average cost/serving: \$1.95

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
1 1/2 pounds chuck steak



Add 1 to Cart
Garlic, 1 bulb

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Don't have a slow cooker? No problem! Chuck steak can be cooked in a variety of ways:
 - Pan seared - In a large pan coated with olive oil, pan sear each side of the steak for 2-3 minutes, then reduce heat and cook until a food thermometer reads at least 145 degrees.
 - Baking in foil - Tightly wrap the steak in heavy duty foil, and bake in a shallow roasting pan or baking dish at 350 degrees for 1-1 1/2 hours, until the meat is tender.