

Tennessee

Slow-Cooked Barbecue

Featured Food: Beef

Makes: 5 servings

Ingredients

- 1 ½ pounds boneless chuck steak, 1 ½ inches thick
- 1 clove garlic, minced
- ¼ cup red wine vinegar
- 1 tablespoon brown sugar
- 2 tablespoons Worcestershire sauce
- ¼ cup ketchup
- 1 teaspoon salt (optional)
- 1 teaspoon dry or yellow mustard
- ¼ teaspoon black pepper



Directions

1. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker.
2. Combine the remaining ingredients and pour over the meat.
3. Cover and cook on low for 3-5 hours.
4. Remove meat from slow cooker and cut into slices.
5. Serve on toasted whole wheat hamburger buns with a mixed green salad.

Recipe from: *Putting Your Crock Pot to Work*, University of Kentucky Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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