

Shredded Beef Sandwiches (crock pot meal)

Yields: 6-8 sandwiches



Ingredients:

1 (3-4 lb) eye of round roast

1 tsp salt

2 garlic cloves, minced

1 ½ cups beef stock/broth

1 cup ketchup

Juice from 2 lemons

1 tsp ground pepper

2 tsp Worcestershire sauce

Optional: 1-2 chipotle peppers in adobo sauce, chopped

Sandwich buns

Dill pickle slices

Directions:

Stir together salt, garlic, and next 5 ingredients and chipotle if desired. Pour half of mixture in bottom of slow cooker. Place beef in slow cooker, and pour remaining sauce on top. Cover and cook on high for 5-6 hours. Shred beef using two forks and return to slow cooker to absorb sauce. Toast buns if desired. With a slotted spoon serve beef on buns with pickle slices.

