

SLOW-COOKED WHISKEY-MOLASSES SHREDDED BEEF



INGREDIENTS

- 1 beef Bottom Round Roast or beef Chuck Center Roast (2 1/2 to 3 pounds), cut into 1-inch pieces
- 1/2 cup whiskey (may substitute beef broth or apple juice)
- 1/4 cup plus 2 tablespoons cider vinegar
- 1 (6 ounce can) tomato paste
- 4 tablespoons packed brown sugar, divided
- 1/4 cup molasses
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground red pepper
- 1 tablespoon Dijon-style mustard
- 2 cups each shredded carrots and diced granny smith apple

INSTRUCTIONS FOR SLOW-COOKED WHISKEY-MOLASSES SHREDDED BEEF

1. Place 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. Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker.
3. To make the slaw: Combine remaining 2 tablespoons cider vinegar, 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.

Test Kitchen Tips

Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

NUTRITIONAL INFORMATION FOR SLOW-COOKED WHISKEY-MOLASSES SHREDDED BEEF

Makes 8 servings

Nutrition information per serving:

Calories: 363 calories

Fat: 8g fat (3g saturated fat, 3 g monounsaturated fat)

Cholesterol: 84 mg

Protein: 31g

Carbohydrates: 31g

Fiber: 5g

Sodium: 725mg

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.