

Pulled Roast Beef - 2 Ways



THINKBEEF.^{CA}



Meal 1 - South-Western Pulled Beef

- 1/2 cup barbecue sauce
- 1/4 cup each red wine, Worcestershire sauce and steak sauce
- 1 onion, cut into wedges
- 3 cloves garlic, minced
- 3 lb (1.5 kg) **Beef Blade Pot Roast**
- 2 tbsp each cornstarch and cold water

Combine first 6 ingredients in slow cooker. Add beef.

Slow cook on LOW for 8 to 10 hours or until beef is fork tender.

Pour cooking juices into saucepan; bring to boil. Combine cornstarch and water; add to pan, stirring until thickened.

Remove twine from beef. Use 2 forks to pull beef into shreds. Add sauce; tuck into buns or serve over baked potatoes.

Makes 12 servings.

Meal 2 - Snack-able Pulled Beef Quesadilla

Spoon 1/2 cup **South-Western Pulled Beef** on half of 1 large **whole wheat tortilla**. Top beef with some **shredded Cheddar cheese** and **sliced pickled jalapeño peppers**. Fold tortilla over filling; repeat with 3 more tortillas. Bake on parchment paper-lined baking sheet in 400°F (200°C) oven, turning once, until golden, about 8 minutes per side.