



Slow Cooker Sandwich Fillings

All recipes can be frozen when done. Thaw, heat, and serve as suggested.

Barbeque Beef

2 pound beef roast (tri-tip works best)
1 can beef broth
2 bottles store bought barbeque sauce
1 onion, sliced

Place meat in slow cooker. Add broth, onion, 1 cup of barbeque sauce, and enough water to barely cover roast. Cover and cook on low 6 to 8 hours. When beef is tender, remove and shred. Pour cooking juice into a separate bowl and reserve it. Return meat to the crock pot. Add desired amount of remaining bottled barbeque sauce. If mixture seems too thick, add some of the reserved cooking juice. The meat will absorb a lot of moisture in the freezer, so err on the side of making it soupier than you might think. Cook another hour to allow flavors to combine. Serve on toasted hamburger buns.

French Dip Meat

2 pound beef roast (tri-tip works best)
1 cup beef broth
2 packets dry Italian salad dressing mix
1 onion, sliced

Put meat in slow cooker. Sprinkle Italian dressing mix over it and cover with sliced onions. Pour over broth and enough water to bring liquid halfway up the side of roast. Cover and cook on low 6 to 8 hours. When beef is tender, remove and shred. Return to crock pot and cook another hour to allow flavors to combine. Add more beef broth if mixture is dry. Serve on toasted French rolls.

Burrito Meat

2 pound beef roast
1 cup beef broth
1 onion, chopped
4 ounce can chopped green chilies
1 cup prepared chunky salsa
2 tablespoons brown sugar
1 tablespoon soy sauce
1 clove garlic, minced

Place meat in slow cooker. Add remaining ingredients and enough water to bring liquid halfway up the side of roast. Cover and cook on low 6 to 8 hours. When beef is tender, remove and shred. Return to crock pot and cook another hour to allow flavors to combine. Use as a filling for tacos or burritos.

