

- **Slow Cooker BBQ'd Pulled Beef**

By [Lori Magi Orr](#) in [Orr's Family Butchers Recipe Exchange](#) ·

Ingredients

3 lbs boneless chuck
1 1/2 cups ketchup
1/4 cup brown sugar
1/4 cup apple cider vinegar
2 tbsp Dijon mustard
2 tbsp Worcestershire sauce
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder

Directions

Place chuck roast in slow cooker. Combine remaining ingredients and pour over roast. Cook on HIGH for 4-5 hours or LOW for 8-10 hours. Remove meat and shred with fork, placing shreds back in sauce.

If you want to make sure there's no excess fat floating around in there, chill overnight and just pull the fat off the next day.

This is an easy way to get sublime pulled beef. If you're going to do pulled pork, use less pork than the 3 lbs beef here.