



JILL'S SHREDDED BBQ BEEF

By Dr. Cindy Tazar
(Standard/Maintenance Plans)

Beef roast cooked low and slow is so easy to make, tender and easy to shred. Jill Whitt shared this recipe with Genesis. She has made it a couple of times with great reviews from her family. You can enjoy it as is with all the delicious seasonings, or even add a little Genesis or Primal Kitchen barbeque sauce to suit your tastes. Leftovers would make a great lunch in a lettuce leaf with cold or warmed beef, mayo/BBQ sauce, lettuce, tomato and onion, as well. Makes 12-14 servings. One serving equals 3 oz. cooked protein and covers your protein for one meal. Thanks Jill!



INGREDIENTS

- 3-4 lbs grass-fed beef roast, well marbled
- 1/2 cup organic beef broth
- 1 tsp. liquid smoke*
- 1 Tbsp yellow mustard
- 1 tsp. garlic powder
- 1 tsp. minced garlic
- 1 tsp. paprika
- 1 tsp. pink Himalayan salt
- 1/2 tsp. black pepper



INSTRUCTIONS

Place roast in crockpot. Pour broth and liquid smoke over it. Spread the mustard on the meat and sprinkle with all the remaining seasonings.

Cook on low for at least 8 hours. Shred and serve.

*Liquid Smoke is fine to use. It will contain molasses, but it is used in such small amounts for most any recipe that it is hardly noticeable.