

A Recipe from Our Kitchen to Yours!



Hope30 Beef BBQ Bowl



Ingredients:

Hope30 Smokey Pit BBQ Pulled Beef

- 1 3-4 lb. boneless roast beef (chuck/round roast)
- 1 cup beef stock or broth
- 2 Tbsp. Dijon Mustard
- 1 med sliced sweet Vidalia Onion
- 1 Tbsp. **Hope30 Kitchen Go To Seasoning Blend**
- **Hope30 Smokey Pit BBQ Sauce** to taste

Hope30 Sweet & Tangy Slaw

- 1 10 oz. Bag Angel Hair Shredded Cabbage
- 1/2 Red Onion (or sweet onion) finely sliced
- 2/3 cup **Hope30 No Regrets Vinaigrette**

Instructions:

Hope30 Smokey Pit BBQ Pulled Beef

- Place beef in your slow cooker.
- Add broth to slow cooker.
- Sprinkle Spice mix on top of beef
- Spread mustard over top of beef
- Add sliced Vidalia Onion
- Cook on low for 6-8 hours
- Once beef is cooked and tender, remove from cooker and shred in bowl.
- Pour desired amount of **Hope30 Smokey Pit BBQ Sauce** and toss to coat.

Hope30 Sweet & Tangy Slaw

- Pour cabbage in container that has a lid
- Add finely sliced onions
- Toss with 2/3 cup **Hope30 Vinaigrette**
- Cover and store in refrigerator for at least 1 hour. Can be made the day before. Make sure to give it time to “get acquainted”
- Serve cold on any shredded BBQ meat. Tasty with beef, chicken or pork!



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