

BUFFALO SHREDDED BEEF

Forget the chicken and make a big batch of Shredded Beef in Buffalo Sauce. This tender, flavorful beef recipe is a one pot recipe perfect for slow cooker, instant pot or Cast Iron Dutch oven. It's meal prep ready for dips, sandwiches and salads. Shredded beef is a great use of any beef roast and freezes well for easy family dinners.



INGREDIENTS:

- 3 pound Felton Angus Beef Chuck Roast
- 1 Tablespoon avocado oil (or your favorite vegetable oil)
- 1-2 cups beef broth
- 2 Tablespoons plus ¼ cup buffalo sauce, divided
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Salt & pepper
- Optional: Blue cheese crumbles, carrot and celery sticks

DIRECTIONS FOR OVEN:

1. Preheat oven to 275 degrees F.
2. Season beef roast generously with salt and pepper or your favorite seasoning/rub.
3. Heat oil in a large oven proof pot over medium-high heat until hot.
4. Sear all sides of seasoned beef roast. Remove from pot.
5. Deglaze pot with 1 cup of beef broth.
6. Place roast in slow cooker or return to oven proof pot. Add 2 Tablespoons buffalo sauce, garlic powder and onion powder. Add additional beef broth until at least ¼ of beef roast is covered in liquid.
7. Cover pot with lid and place in 275 degree F oven for 4 hours or until beef is fork tender.
8. Shred beef roast in pan juices and return to oven for 15 minutes to absorb cooking liquid.
9. Remove from oven. Toss shredded beef with remaining buffalo sauce to taste. Start with ¼ cup of buffalo sauce for mild and increase buffalo sauce until you reach your desired level of spicy.
10. Serve with blue cheese crumbles, carrot and celery sticks.
11. Plan leftovers with this delicious shredded beef.

DIRECTIONS FOR SLOW COOKER:

1. Follow Steps 2-5 (above).
2. Place beef roast in slow cooker. Add beef broth from deglazing pan, 2 Tablespoons buffalo sauce, garlic powder and onion powder.
3. Cover and set Slow Cooker on Low for 7-8 hours until beef is fork tender.
4. Shred beef roast in pan juices and continue on low until cooking liquid is absorbed.
5. Toss shredded beef with remaining buffalo sauce to taste. Start with ¼ cup of buffalo sauce for mild and increase buffalo sauce until you reach your desired level of spicy.
6. Serve with blue cheese crumbles, carrot and celery sticks.
7. Plan leftovers with this delicious shredded beef.



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