

Batch Cooking Shredded Beef

How to Batch Cook Shredded Beef

Save time and money, while getting a nutritious, balanced meal on the table for your family, keeping them strong and focused for everyday success. Just throw a roast in the slow cooker at the beginning of the week and enjoy pre-planned meals for the next few days!

** You can prepare any of these beef cuts in your pressure cooker, following manufacturer's instructions for shredded beef.*

Flavor Inspiration

Funded by The Beef Checkoff



Cuban Crispy Shredded Beef



Indian-Style Slow Cooker Shredded Beef

1

CHOOSE YOUR CUT

Start with a cut that's ideal for slow cooking, such as:



Chuck Roast



Shoulder Pot Roast



Bottom Round Roast

Tip: A 2 to 3 lb. roast makes approximately 8 to 12 three-ounce portions.

2

COOK YOUR ROAST

Place 1 large onion, chopped, 1/2 cup beef broth or water, and 2 tablespoons minced garlic into your slow cooker; place roast on top. Cover and cook on LOW for 9 to 10 hours, or on HIGH for 5 to 6 hours, or until roast is fork-tender. To get the most flavor from your roast, brown all sides in a non-stick skillet prior to cooking.

3

SHRED YOUR ROAST

Remove roast from slow cooker. Skim fat from cooking liquid, if necessary, and reserve 1 cup onion mixture. Shred beef with two forks. Combine shredded beef and reserved onion mixture. Season with salt and pepper, as desired.

4

ASSEMBLE YOUR MEALS

Portion into 3-oz. servings, about the size of a smart phone. A 3-oz portion provides about 25 grams of protein). Transfer each portion to reusable storage containers and add your choice of 1/2 cup of starchy vegetable or whole grain, like sweet potato, quinoa or brown rice, and 1 cup of your favorite vegetable, like broccoli, asparagus or green beans. Seal your containers and place in the fridge for convenient, balanced and nutritious meals on the go. Make sure to consume your batch-cooked beef within 3 to 4 days.



Funded by Beef Farmers and Ranchers