



Tender Shredded Beef

Recipe courtesy of Lori Bayne, MACC's Customer Master Product Owner

- 1 Chuck or Rump Roast (approximately 3 pounds)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Honey Wine Vinegar (apple cider vinegar can be used)
- 2 Tablespoons Kosher Salt

In a small bowl, whisk together the olive oil and vinegar. Stab the roast 2 or 3 times per side with a sharp knife. Rub the oil mixture all over the meat, massaging it in. Sprinkle with salt and run it all over the meat. Place in a slow cooker for 8 hours on low. Serve immediately with leftover juices from the slow cooker.