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**STORE HOURS: Monday – Friday: 10:00am – 5:30pm; Saturday 9:30am – 4:30pm**

*Recipes from Slow & Easy by Natalie Haughton. Published by John Wiley & Sons, Hoboken, NJ. Copyright 2009. Reprinted with permission of the publisher. All rights reserved.*

### **Barbecued Pulled Beef Sandwiches**

(Makes 6 to 8 servings)

With its slightly sweet and tangy sauce, this easy recipe is similar to a sloppy joe. Because it employs thinly sliced rather than ground beef, it requires no browning of the meat. Everyone in the family will love it. I like to serve the sandwiches with potato salad, coleslaw, and plenty of paper napkins.

2-1/2 to 3 pounds boneless beef top round or other lean beef,  
trimmed of all fat and cut into thin slices  
1 medium onion, thinly sliced  
1 cup ketchup  
3 tablespoons red wine vinegar  
2 tablespoons honey  
1 tablespoon Worcestershire sauce  
1/2 teaspoon smoked paprika  
1/4 teaspoon ground chipotle chile  
6 to 8 toasted hamburger buns or kaiser rolls

1. In a 4- or 5-quart electric slow cooker, combine the beef and onion. Mix together the ketchup, vinegar, honey, Worcestershire sauce, smoked paprika, and chipotle chile until well blended. Pour over the beef and onion in the pot and stir to mix thoroughly.

2. Cover and cook on the low heat setting for 8 or 9 hours, or until the beef slices fall apart.

3. With two forks, pull the meat into shreds right in the sauce in the pot. Serve the beef with its sauce on toasted buns to make sandwiches.