

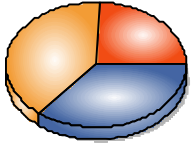


## BBQ Beef Sandwiches - Slow Cooker

By: Created by DrJez LLC

Recipe grams: 2085.70g/73.6oz

Serves 8 260.71g/9.2oz per serving



Protein: 36%  
Carbohydrates: 43%  
Fat: 21%

### INGREDIENTS

1/2 tbsp BROWN SUGAR, DARK  
1 tsp BLACK PEPPER, GROUND  
2 lbs BEEF FLANK, BROILED, SLO  
1/8 cup BROWN SUGAR BLEND, SPLENDA  
1 cup ONION, RAW  
1 cup TOMATO PASTE, CANNED, NO SALT  
3 tbsp WORCESTERSHIRE  
2 tbsp MOLASSES  
3 tbsp APPLE CIDER VINEGAR  
1 tbsp CHILI POWDER  
1 tsp GARLIC POWDER  
1 tsp MUSTARD POWDER  
8 buns DINNER ROLL, WHOLE WHEAT  
8 slices ONION, RAW  
8 tbsp PICKLE RELISH, SWEET

### DIRECTIONS

Combine Brown Sugar and pepper in a small dish. Rub over beef.

Combine next 10 ingredients in a slow cooker. Place beef in cooker and turn to coat. Allow to cook for 6-8 hours.

Serve with roll, red onion and pickle relish.

Recommended: Serve with low-fat Kettle chips and low calorie cole slaw.

Serves 8

### Nutrition Facts

Serving Size: 1 serving (260.7g)  
Servings: 1

#### Amount Per Serving

Calories 420 Calories from Fat 90

% Daily Value\*

**Total Fat** 10g **15%**

Saturated Fat 3.5g **15%**

Trans Fat 0g

**Cholesterol** 50mg **15%**

**Sodium** 520mg **20%**

**Total Carbohydrate** 45g **15%**

Dietary Fiber 6g **20%**

Sugars 20g

**Protein** 37g

Vitamin A 15%

• Vitamin C 20%

Calcium 10%

• Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.