

**Crock Pot Meal! Spicy Beef Barbecue & Fresh Apple Salad** ~ choose one side item to complete your meal

**Spicy Beef Barbecue**

16 servings

Rub ingredients:

1 Tbsp	Garlic powder	1 tsp	Cayenne pepper
2 Tbsp	Brown sugar	2 tsp	Dry mustard
2 Tbsp	Chili powder	2 tsp	Ground cumin
1 Tbsp	Paprika		
2 Tbsp	Salt	4 lb	Sirloin tip roast of beef
1 Tbsp	Onion powder	½ cup	Beef broth
1 Tbsp	Black pepper	1 tsp	Liquid smoke (optional)



In a medium bowl, combine rub ingredients and mix well. Set the beef roast on a large sheet of plastic wrap. Rub the mixture onto all sides of the roast, then wrap it tightly. Refrigerate overnight. Remove roast from refrigerator and place it in a crock pot or slow cooker with beef broth and liquid smoke (optional). Cook on high for 3 hours, then on low for 6 hours or until meat is fork tender. Remove roast from pot and shred it with two forks. Strain the sauce and pour over the meat.

**Sirloin tip roast of beef on sale**

**Black pepper on sale**

**Fresh apples on sale**

**Beef Recipe Nutrition per serving**

196 calories; 24 gm protein; 3 gm carbohydrate; 9 gm total fat; 3 gm saturated fat; 0 trans fat; 66 mg cholesterol; 0 gm fiber; 948 mg sodium

**To Make Fresh Apple Salad:** Wash 2-3 apples with cool water. Cut in half, remove cores, and discard. Leave skin on. Dice apples and place in a mixing bowl. Squeeze ¼ lemon or lime on apples and stir. Add ½ - ¾ cup low fat vanilla yogurt to apples and stir. Chill.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sautéed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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