

Barbequed Beef Sandwiches

Makes enough for about 8 large sandwiches.

In a slow cooker: Cook approximately 4 lbs Boiling Beef (or Beef with Marrow Bones, brisket or roast) with $\frac{3}{4}$ t. salt and 1 $\frac{1}{2}$ cups water for about 7 hours or until meat is tender and pulling away from bones.

When meat is done remove bones and extra pieces of membrane and fat (these can be saved and added to more bones later to make bone broth). Shred meat. If desired, add a small amount of the broth from cooking to moisten meat and give extra flavor.

Serve on sandwich buns with your choice of barbeque sauce. Below are two recipes- a healthy version and an easy version.

Homemade Barbeque Sauce

Yield: about 3 $\frac{1}{2}$ cups sauce

Time: preparation 30 min, cooking 60 min; 1 $\frac{1}{2}$ hours total

Ingredients:

- 4 T. unsalted butter
- 1 cup finely chopped onion
- 3 cloves garlic, finely chopped
- 1 $\frac{1}{4}$ t. paprika
- $\frac{1}{2}$ t. Bragg's Liquid Aminos
- 1 t. dry mustard
- 1 t. sea salt
- $\frac{1}{4}$ t. black pepper
- $\frac{1}{8}$ t. cayenne pepper
- 1 (6 oz.) can tomato paste
- 2 cups water
- $\frac{1}{2}$ T. apple cider vinegar
- 1 cup honey
- 2 T. molasses

Directions:

In a medium size non-reactive saucepan set over medium- high heat, melt the butter. Add the onions and cook until they are very soft, about 4 minutes. Add the garlic, paprika, Liquid Aminos, ground mustard, salt, black pepper, and cayenne pepper. Cook for 2 minutes. Add the tomato paste and cook, stirring frequently, for 2 minutes, or until the tomato paste begins to brown. Add the water, cider vinegar, honey, and molasses and stir to combine. Reduce the heat to low and cook until the sauce has thickened and the flavors have come together, about 1 hour.

Set aside to cool before using. The sauce may be made up to one week in advance and refrigerated in an air tight, non-reactive container. This makes the flavor better, as the ingredients have time to blend together.

Barbeque Sauce (with ketchup)

Yield: about 1 ½ cups sauce

Preparation time: 10 minutes

Ingredients:

- 1 cup ketchup
- 4 T. mustard
- 4 T. honey
- ½ t. garlic powder
- 1 t. onion flakes
- Stir all ingredients together.

Recipe by Knight Family Farm