



## Easy Slow Cooker Pulled Beef

Original Recipe from

<https://neighborfoodblog.com/shredded-beef/>

- 4-5 lbs boneless chuck roast (or two 2lb roasts)
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1.5 Tbsp kosher salt
- Black pepper
- 3 tsp dried parsley
- 2 tsp dried basil
- 2 tsp garlic powder
- 1 large (or two small) yellow onions, sliced
- 5 garlic cloves, sliced

1. Remove chuck roasts from packaging and use a knife or fork to stab a few holes on all sides.
2. Whisk together the olive oil and vinegar, then rub it all over the meat.
3. Sprinkle evenly with salt, pepper, basil, parsley, and garlic powder on all sides.
4. Place half of the onion on the bottom of the slow cooker followed by the roast. Sprinkle with garlic cloves and top with the remaining onion.
5. Cover and cook on low for 8-10 hours or until the beef shreds easily with a fork. If you check it after 8 hours and it's not easy to pull apart, continue cooking for another 1-2 hours.
6. Remove the roast from the crock pot and transfer to a cutting board. Pull the beef apart using two meat forks. Beef can be served immediately with juices over noodles or mashed potatoes. Alternatively, beef can be mixed with sauces like BBQ sauce and served as sandwiches.