

BBQ Pulled Beef Mashy Bowl

Recipe makes 5 servings, each serving is:

509
kcal

21 g
fat

48 g
carbs

32 g
pro

Ingredients

- 2-3 lbs beef roast
- 2-3 c. broccoli, chopped
- 2-3 c. zucchini, sliced
- 2 c. carrots, sliced
- 4-5 potatoes, peeled & quartered
- 2 Tbsp butter
- Green onions
- Horseradish

BBQ Beef Mixture:

- 1/2 c. beef bone broth
- 1/2 c. barbeque sauce (any)
- 1/2 white onion, sliced
- 1 Tbsp miced garlic
- 2 Tbsp apple cider vinegar
- 2 Tbsp Worcestershire sauce
- 1 Tbsp smoked paprika
- Pinch of dried red chilies
- Salt & pepper

Directions

1. Generously season the roast with salt and pepper on all sides. Add a bit of oil to a pan on medium-to-high heat, and brown each side of the roast until it has a nice golden brown crust. Transfer to a slow cooker.
2. Mix together the BBQ beef mixture and pour over the roast. Turn the slow cooker on low for 7-8 hours. When finished, shred the beef and add it back to the liquid mixture.
3. Boil the potatoes and mash them with 1-2 Tbsp of butter until soft. Add salt & pepper as desired.
4. In an oven or air fryer, roast the veggies until golden brown. The carrots will take longer than the broccoli & zucchini.
5. Plate with mashed potatoes on the bottom, the beef & veggies on top. Add a generous dollop of horseradish (optional) and garnish with green onion. Enjoy!



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