

Pull Apart Beef

Ingredients

- * Roast or brisket approximately 7-8 pounds
- * Celery 1 stalk – chopped
- * Large onion – chopped
- * Garlic clove - minced
- * Vegetable broth
- * Beef or Chicken stock
- * Barbeque spices or sauce

Method

Using a slow cooker/crock pot, place the roast or brisket inside, add both broths to cover meat, cook on a low setting for about 8 hours. Drain off the broth. Shred with a fork and put all meat back into the slow cooker adding chopped celery, onion and garlic. Add salt, pepper, and barbeque sauce or spices to taste and cook one hour to taste.