



Mustard and Brown Sugar BBQ Beef Sandwiches

READY IN



225 min.

SERVINGS



12

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cloudy apple cider
- ☐ 1 cup beef stock
- ☐ 12 servings pepper black freshly ground
- ☐ 28 ounce canned tomatoes canned
- ☐ 8 ribs celery with leafy tops, very thinly sliced on an angle
- ☐ 12 servings celery salt
- ☐ 3 pounds chuck roast
- ☐ 12 servings kosher salt and lots of coarse pepper black

- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup grainy dijon mustard
- ☐ 2 tablespoons evoo for drizzling
- ☐ 12 servings evoo
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 juice of lemon juiced halved
- ☐ 1 cup catsup
- ☐ 2 onions thinly sliced
- ☐ 0.5 cup parsley tops fresh coarsely chopped
- ☐ 12 sandwich rolls
- ☐ 12 servings stilton cheese white blue crumbled
- ☐ 0.3 cup worcestershire sauce

Equipment

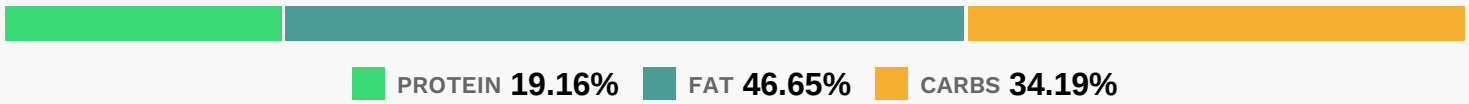
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the meat to room temperature, pat dry and sprinkle liberally with salt and pepper.
- ☐ Heat a large Dutch oven over medium heat with EVOO.
- ☐ Add the garlic and onions, season with salt and pepper and cook to soften, 5 to 7 minutes.
- ☐ Add the ketchup, cider, beef stock, Worcestershire, brown sugar, Dijon and tomatoes. Simmer to begin to thicken and combine, 10 to 12 minutes more. Slide in the beef and cover with sauce. Cover the pot and simmer over low heat (or in a 300 degree F oven) about 3 hours, stirring occasionally on the stovetop.
- ☐ Remove the meat and cut into small pieces or shred. Stir, and allow the sauce to thicken up over medium to medium-high heat.

- ☐
- Add the beef back into the sauce and combine.
- ☐
- Serve with the cheese crumbles and Celery Slaw on rolls or cool and store for make-ahead meal.
- ☐
- Combine the parsley, celery and mushrooms; dress with lemon juice and just enough EVOO to coat, season with celery salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.23, Glycemic Load:2.91, Inflammation Score:-7, Nutrition Score:29.123478270095%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 621.75kcal (31.09%), Fat: 32.79g (50.44%), Saturated Fat: 8.6g (53.73%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 50.08g (18.21%), Sugar: 18.25g (20.28%), Cholesterol: 78.99mg (26.33%), Sodium: 1349.27mg (58.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.61%), Selenium: 50.58µg (72.26%), Zinc: 9.53mg (63.54%), Vitamin K: 65.32µg (62.21%), Vitamin B12: 3.11µg (51.8%), Vitamin B3: 8.88mg (44.41%), Iron: 6.22mg (34.57%), Phosphorus: 340.22mg (34.02%), Vitamin B6: 0.67mg (33.44%), Vitamin B1: 0.45mg (30.27%), Vitamin B2: 0.49mg (28.82%), Manganese: 0.56mg (28.11%), Vitamin E: 4.07mg (27.16%), Potassium: 950.39mg (27.15%), Folate: 87.54µg (21.89%), Copper: 0.36mg (18.2%), Vitamin C: 14.91mg (18.07%), Magnesium: 68.5mg (17.12%), Fiber: 3.99g (15.95%), Calcium: 148.29mg (14.83%), Vitamin B5: 1.3mg (12.98%), Vitamin A: 612.28IU (12.25%)