

# Pulled corn-fed beef on a bun

Pulled beef on a bun makes the perfect pre-game snack. This recipe can be prepared up to two days in advance, may be served at room temperature and is easily transported. Serve with plain kettle chips.

## Ingredients

- 3 lb boneless Ontario Corn Fed beef blade roast
- 2 tbsp vegetable or soybean oil
- 1 chopped onion
- 1 Celery stalk, chopped
- 2 cubanelle peppers, chopped
- 1 tsp each coarse salt, pepper and oregano
- 1 tbsp of fresh Ontario garlic chopped
- 1 can (19 oz) diced tomatoes
- 1 cup beef broth

## Directions

1. Rub beef with half the oil. Heat a large Dutch oven over medium-high heat. Brown beef on all sides. Remove beef and set aside for later use.
2. Pour remaining oil into same pan. Add onion, celery and peppers and cook, stirring often, until onions are translucent and starting to brown, about 5 minutes.
3. Stir in salt, pepper, oregano, garlic, tomatoes and beef broth.
4. Add beef blade roast back into pan with juice so that it is submerged (add more broth if necessary). Bring to boil.
5. Cover and transfer to a 325 degree oven and cook, turning beef occasionally, until fork tender, about 2-1/2 hours.
6. Let cool slightly and break up pieces of beef with a fork, discarding any fat bits.
7. Serve warm over rice, in a bun or in warmed tortillas.

## #TrainWithGrainsTip:

This recipe can also be made in a crock pot for easy clean up. Simply sauté and season cut vegetables and place on top of your beef blade roast in a crock pot. Add beef broth and cook covered on high for 4 hours or low for 6.



Yield: 8 servings  
Prep time: 15 minutes  
Cook time: 150 minutes



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