



Barbecue Beef Sliders

These easy-to-make sliders are small sandwiches that pack big flavor.

Ages: 6–18 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 4 hours

the INGREDIENTS

6 rolls or slider buns, whole-wheat (at least 28 g or 1 oz each)

1 lb 3½ oz beef chuck roast, fresh or frozen, thawed, without bone, practically free-of-fat

⅓ cup barbecue sauce

the DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** Place beef in a slow cooker, at least 2 quarts. Cook on low for 4 hours or cook on high for 2 hours. Heat to an internal temperature of 145 °F or higher for at least 15 seconds. Wash hands after touching uncooked beef.
- 3.** Remove beef from slow cooker. Place on a cutting board. Use two forks to shred beef into strips.
- 4.** In a medium bowl, combine shredded beef, barbecue sauce, and 3 Tbsp of au jus (liquid) from the slow cooker. Mix.
- 5.** Slice rolls in half horizontally (if not pre-sliced).
- 6.** Place ⅓ cup barbecue beef between each roll.
- 7.** Serve 1 slider. Serve immediately, or keep warm at 140 °F or higher.

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NUTRITION INFORMATION

1 Barbecue Beef Slider

Nutrients	Amount
Calories	209
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	39 mg
Sodium	421 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	16 g
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Vitamin D	N/A
Calcium	58 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

2 oz eq meat
1 oz eq grains

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CHEF TIPS

- **Contains wheat (rolls).** Barbecue sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
 - Sesame can appear as an ingredient in food where it might not be expected (rolls) and may be included in the ingredients statements as “spice” or “flavoring.”
 - The symbol indicates the recipe is whole grain-rich.
 - Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.