

# Slow Cooker Barbecue Beef Sandwiches

Loose meat sandwiches made in the slow cooker with a homemade barbecue sauce.



Prep Time  
20 mins

Cook Time  
5 hrs

Total Time  
5 hrs 20 mins



5 from 1 vote

Course: Main Course Cuisine: American

Keyword: barbcue beef sandwiches Servings: 8 Calories: 238kcal Author: Sarah Olson

## Equipment

- Slow Cooker - 4 quart or larger

## Ingredients

- 2 lbs. ground beef I used 7% fat, browned (save a bit of the drippings! see below)
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. garlic powder
- 2 tsp. white vinegar
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. mustard
- 12 oz. jar chili sauce
- 1/4 cup brown sugar
- 1 small white onion diced

## For serving:

- toasted hamburger buns

## Instructions

1. Brown the ground beef and keep a touch of the drippings, add to the slow cooker.
2. Add remaining ingredients and stir.
3. Cover and cook on low for 5 hours.
4. Serve on toasted buns and enjoy!

## Notes

Hamburger buns not included in nutritional values.

## Nutrition

Calories: 238kcal | Carbohydrates: 9g | Protein: 23g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 74mg | Sodium: 307mg | Potassium: 432mg | Fiber: 1g | Sugar: 8g | Vitamin C: 2mg | Calcium: 29mg | Iron: 3mg

