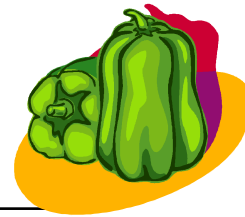


Make this wonderful pulled beef for dinner tonight! Just put it all together in the crock pot in the morning and everyone's mouth will be watering when it's time for dinner! Serve the beef mixture on hard rolls for the non-SCDers. Based on a recipe in Light & Tasty.



Serves 8

Slow Cooked Italian Beef



1 boneless beef sirloin tip or tri-tip roast (2 pounds)
2 tomatoes, diced
1 small can (5 oz.) Campbell's 100% Tomato Juice
1 medium green pepper, chopped
1/2 c. water
1 Tbs. sesame seeds
1 tsp. crushed garlic
1 tsp. fennel seed, crushed
1/2 tsp. salt
1/2 tsp. pepper
(hard rolls, split, for non SCDers)

Remove all visible fat from the roast and cut into 3 or 4 pieces. Place the roast in a 3-qt. slow cooker. Add tomatoes and green pepper. In a small bowl, combine the tomato juice, water and seasonings; pour over roast. Cover and cook on LOW for 8-9 hours or until meat is very tender.

Shred beef with a fork and serve from the slow cooker.