

U The Lexingtonienne U

CROCKPOT SWEET, SOUR & SPICY* PULLED CHUCK ROAST

Adapted from Southern Living

- 1 (2.5-3 lb) chuck roast or brisket
- 1 (12 oz) bottle chili sauce
- 1 (10 oz) can sauerkraut, drained
- 1 (10 oz) jar apricot preserves
- 1 tsp garlic powder
- Salt & pepper to taste

**The only spiciness comes from the chili sauce. So the recipe has a tangy kick to it, but it's very kid-friendly.*

Sprinkle roast on all sides with salt & pepper.

Optional (but recommended): Heat a heavy, high-sided pan over high heat. Add 1 TBSP canola oil. Sear roast for about 4-5 minutes on each side or until browned. (You can skip this step if you don't have time, but if you skip it, I recommend cooking the roast on low for about 8 hours.)

While roast is searing, combine chili sauce, sauerkraut, preserves, and garlic powder in a bowl.

Transfer roast to crockpot and top with chili sauce mixture. Cook on high for 4-6 hours or low for 6-8 hours. Serve sliced or pulled.

