

Recipe Information

Recipe Title

Loaded Hot Beef Sundae

Cut of Beef Used

Beef Chuck Roast

Recipe Instructions



Ingredients: (Ingredients listed to make 1 Loaded Hot Beef Sundae)

Mashed Red Potatoes and Bacon:

- 1/8 tsp. salt
- 1/4 pound red potatoes
- 1/4 Tbsp. unsalted butter
- 1 Tbsp. half and half
- 1/4 tsp. chopped chives
- 1 Tbsp. Chopped, Cooked Bacon
- Black Pepper, as needed

Roasted Green Beans:

- 1/3 Cup fresh green beans
- ½ Tbsp. olive oil
- 1/8 tsp. salt
- 1/16 tsp. garlic powder



Beef Chuck Roast: (will make approximately 8 servings)

- 1 Chuck Roast (3-4 lbs.)
- 2 Tbsp. Brown Sugar
- 1 Tbsp. Smoked Paprika
- 1-1/2 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. mustard powder
- 1 Can (14.5 oz) Beef Broth
- 1-1/2 Tbsp. Worcestershire Sauce

Gravy: (will make approximately 8 servings)

- 1 Jar (12 oz.) Beef Gravy
- 1/8 Cup shredded Co-Jack cheese
- 1/8 Cup onion crisps
- 1 Tbsp. Sour Cream
- 1 Cherry Tomato
- 1/2 tsp. chopped chives

Directions

Beef Chuck Roast:

1. In a small bowl, combine brown sugar, paprika, salt, garlic powder, and mustard powder. Rub the spice mixture all over the chuck roast. Heat oil in a large skillet

and sear on all sides until browned (about 5-6 minutes each side).

2. Pour the broth, and Worcestershire sauce into a large crockpot. Transfer roast to a slow cooker. Cover with lid and cook on low for about 4 hours, or until meat is tender and falling apart.

3. Remove roast from crock pot and shred beef.

Gravy:

1. Pour gravy in a small saucepan. Heat on medium stove until warm.

Mashed Red Potatoes and Bacon:

1. In a large pot, bring water and salt to a boil. Cut red potatoes into quarters and rinse under cool water. Drain potatoes and add to boiling water. Cook until tender (about 15 minutes).

2. Drain potatoes using a colander, then rinse with hot water.

3. Add well drained potatoes back to pot and use potato masher to lightly break up until smooth. Fold in butter. Add half and half, fold into potatoes until absorbed. Add chopped bacon, folding into the potatoes.

4. Taste and season with salt and black pepper as desired. Garnish with chives.

Roasted Green Beans:

1. Preheat oven to 400 degrees. Combine all ingredients in a large mixing bowl, toss to coat. Spread green beans on a large baking sheet. Roast for 15-20 minutes, stirring halfway through.

Assemble Loaded Hot Beef Sundae, starting with mashed red potatoes, roasted green beans, roast beef, and gravy. Top sundae with shredded cheese, onion crisps, dollop of sour cream, and a cherry tomato. Add chopped chives as garnish (optional).

Participant Information

Name

Emily Olson