



Barbecue Beef Sliders

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

Ages: 3–5 years

Prep time: 10 minutes

Makes: 6 servings

Cook time: 4 hours

the INGREDIENTS

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

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

¼ 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 2 Tbsp of au jus (liquid) from the slow cooker. Mix.
5. Slice rolls in half horizontally (if not pre-sliced).
6. Place ¼ 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	184
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	29 mg
Sodium	371 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	13 g
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Vitamin D	N/A
Calcium	54 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

1 ½ 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.