



## Barbecue Beef Sliders

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

**Ages:** 3–5 years

**Makes:** 6 servings

**Prep time:** 10 minutes

**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.

the  
NUTRITION INFORMATION

1 Barbecue Beef Slider

Nutrients	Amount
<b>Calories</b>	<b>184</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	29 mg
<b>Sodium</b>	<b>371 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	54 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

the  
CACFP CREDITING INFORMATION

1½ oz eq meat  
1 oz eq grains 

the  
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.

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)





# Barbecue Beef Sliders

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

**AGES:** 3–5 years

**PREP TIME:** 25 minutes

**COOK TIME:** 5 hours

## CACFP CREDITING INFORMATION

1½ oz eq meat

1 oz eq grains 

## SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Rolls or slider buns, whole-wheat (at least 28 g or 1 oz each)	1 lb 5 oz	25 (700 g)	3 lb 6 oz	50 (1400 g)	<p>1 Wash hands with soap and water for at least 20 seconds.</p>
Beef chuck roast, fresh or frozen, thawed, without bone, practically free-of-fat	3 lb 13 oz		7 lb 10 oz		<p>2 Place beef in a slow cooker. Cook on low for 5 hours or cook on high for 2½ hours. Heat to an internal temperature of 145 °F or higher for at least 15 seconds. Wash hands after touching uncooked beef.</p> <p>For 25 servings, use at least a 4-quart slow cooker.</p> <p>For 50 servings, use at least an 8-quart slow cooker.</p>





## NUTRITION INFORMATION

1 Barbecue Beef Slider

NUTRIENTS	AMOUNT
Calories	184
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
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Vitamin D	N/A
Calcium	54 mg
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## NOTES

- **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.

## YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 5 oz	Weight: 10 lb 10 oz
Yield: 25 sliders	Yield: 50 sliders

