

Slow Cooked Beef Ragu - adapted from Whitney at Little Leopard Book
<http://littleleopardbook.com/2014/10/27/slow-cooked-beef-ragu/>

1 large onion, sliced
4 garlic cloves, minced or whole
2 Tbsp fresh rosemary, chopped
2 lb beef chuck roast
1 tsp kosher salt
1 tsp black pepper
2 cups beef broth
1/4 cup red wine
1 can (6 oz) tomato paste
1 can (15 oz) diced tomatoes
pasta, polenta or rice
1/2 cup Parmesan cheese, grated
sprinkling of fresh rosemary, chopped for garnish

Spray your slow cooker with cooking spray. Add onion and garlic to bottom of slow cooker. Sprinkle fresh rosemary over the top of the onions. Season beef with salt and pepper and add to slow cooker. In a medium bowl, mix broth, red wine and tomato paste. Pour mixture over the beef. Pour in the diced tomatoes. (I cooked mine on low all day for about 8 - 9 hours. Whitney recommends high for 6- 8 hours. You know your crockpot or slow cooker) Using a fork, see if the beef pulls apart easily. When tender, use two forks and shred the beef. Serve it over pasta, creamy polenta or rice. Top with grated fresh Parmesan cheese and chopped rosemary.

Susan

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You Go Girl!