

Slow Cooker Barbecued Beef with Fresh Chowchow Relish

2 tablespoons sweet paprika
1 1/2 teaspoons salt
pinch cayenne pepper
3-4 pounds beef sirloin tip roast
2 tablespoons vegetable oil
1 onion, finely chopped
2 cloves garlic, minced
2 cups tomato sauce
1 cup ketchup
2 tablespoons Worcestershire sauce
1/4 cup molasses
2 tablespoons sugar
2 tablespoons Dijon style mustard
8 kaiser rolls

Combine the paprika, salt and cayenne in a small bowl and rub the mixture evenly onto the roast. Heat the oil in a large skillet over high heat. Add the meat and brown on all sides. Transfer to the insert of a 5-7 quart slow cooker. Add the onion and garlic to the same skillet over medium-high heat and sauté until the onion is softened and the garlic is fragrant, 2-3 minutes. Pour in the tomato sauce and stir up any browned bits from the bottom of the pan. Add the ketchup, Worcestershire sauce, molasses, sugar and mustard. Transfer the contents of the pan to the slow cooker. Cover and cook on high for 3-4 hours or on low for 8-9 hours, until the meat is tender. Remove the meat from the cooker, cover with aluminum foil and allow to rest for 10 minutes. Remove strings from meat, if tied, and slice across the grain. Skim off any fat from the top of the sauce. Return the meat to the slow cooker set on warm and serve on the rolls with Fresh Chowchow Relish.

Fresh Chowchow Relish

3 cups chopped fresh cabbage
3/4 cup chopped onion
3/4 cup chopped green tomato
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 tablespoon salt
3/4 cup sugar
1/2 cup white vinegar
1/4 cup water
3/4 teaspoon mustard seeds
1/4 teaspoon celery seeds

1/4 teaspoon ground turmeric
1/2 teaspoon red pepper flakes
1 jalapeño pepper, seeded and finely chopped

In a large bowl, combine cabbage, onion, tomato, bell peppers and salt. Cover and chill 2-8 hours. Drain. Transfer to a Dutch oven and stir in the sugar, vinegar, water, mustard seed, celery seed, turmeric and red pepper flakes. Bring to a boil over medium high heat. Reduce heat to medium and simmer 3 minutes. Cool to room temperature (about 30 minutes). Stir in the jalapeno, cover and chill 1-8 hours.