



# SLOW COOKER

Easy-to-Follow Recipe

## Backcountry BAR-B-QUE

### Ingredients

- 2.5 to 3 lbs. meat, trimmed \*
- 1 - 2.75 oz. package Hi-Country Bar-B-Que seasoning
- 1 - 6 oz. can tomato paste
- 3 cups warm water

### Optional Ingredients:

- 1 - 4 oz. can diced green chili's
- 1 each, chopped: onion, stalk celery, green or red pepper



### Directions

Place meat in slow cooker. Stir tomato paste and Bar-B-Que seasonings with warm water. Pour sauce and optional ingredients over meat, making sure to coat all sides of meat with sauce. Cover and slow cook on LOW for 6 to 8 hours, or until meat is very tender and pulls apart. Remove meat and shred with a fork. Mix shredded meat with sauce from slow cooker. Serve on buns or by itself.

Topping suggestions; pickles, cheese, fresh onion, or mustard.

\* The following types of meat work well with this recipe: wild game or domestic meat roasts, stew, or ground meat. If using ground meat, brown in skillet, drain fat, add ingredients and cook 2 to 3 hours.

## Tips & Tricks

1. Wild game meats have higher potentials for harmful bacteria due to temperature abuse, field dressing, etc. When using in slow cookers, assure meat temperature achieves 140° F. in the first hour of cooking.
2. When opportunity allows, cook on HIGH setting for first hour and reset cooker to LOW to finish.
3. One hour on HIGH is equal to approximately two hours on LOW.
4. For optimal slow cooking, fill cooker between half and two thirds full.
5. Removing the lid in the last hour of cook time will reduce moisture and concentrate flavors.
6. Most lean game red meats require at least 7 to 8 hours of moist, low temp slow cooking to break down muscle tissues.
7. Minimize lifting the lid on a slow cooker. The escaping moisture and heat can extend required cook times by 20 minutes per occurrence.



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