

Slow Cooker Beef Banh Mi Bowls

This was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep time: 10 minutes

Cook time: 8 hours

Total time: 8 hours, 10 minutes

Serves: 4-6

INGREDIENTS:

Beef:

- 2 pounds beef rump or chuck roast
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger
- ½ cup reduced-sodium soy sauce or tamari
- ¼ cup rice wine vinegar
- 3 tablespoons brown sugar
- 2 tablespoons brine from a jar of pickled jalapenos (optional)



Pickled Vegetables:

- 3 tablespoons rice wine vinegar
- 1 ½ tablespoons sugar
- ¼ teaspoon salt
- 1 cup grated or matchstick carrots
- 1 cup thinly sliced cucumber
- ½ cup thinly sliced radish

Additional ingredients:

- Cooked brown rice
- Watercress or baby bok choy
- Fresh herbs (cilantro, basil, mint)
- Jarred pickled jalapenos

PREPARATION

1. Place the beef roast in a small 3-4 quart slow cooker. Using a sharp paring knife, cut 1-inch slits in roast on all sides. Sprinkle with garlic powder and ground ginger. In a small dish, whisk together the soy sauce, rice wine vinegar, brown sugar and jalapeno brine (if using.) Pour over roast. Cover slow cooker and set to LOW for 8 hours. If possible, flip roast halfway through.
2. At least 30 minutes before serving time, prepare the pickled vegetables. In a small dish, whisk together the vinegar, sugar and salt until the sugar is completely dissolved. Combine carrots, cucumbers and radishes together in a bowl. Pour pickling liquid over vegetables and toss well. Allow vegetables to sit for 30 minutes.

3. After 8 hours, transfer roast to a large casserole dish, reserving cooking liquid, and shred into bite size pieces using two forks. Pour some of the cooking liquid over the roast, to taste, and reserve the rest for serving.
4. To serve, assemble ingredients in wide, shallow bowls. Start with a base of watercress or baby bok choy and brown rice. Top with the shredded beef, pickled vegetables, fresh herbs and jalapenos. If desired, dress with reserved cooking liquid or brine from pickled vegetables, to taste.