



ShePrepsSmart
Build Strength. Build Resilience. Build Independence.

Shredded Beef & Gravy

High-Protein • Low-Carb • Slow Cooker

MAKES	PREP	COOK	PROTEIN	CALORIES
6 servings	10 min + freeze	8-10 hrs low, crockpot	60g per serving	588 per serving

**Based on 6 servings. Varies by specific brands used.*

INGREDIENTS

ROAST INGREDIENTS

- 3–4 lb chuck roast
- 2½ cups beef bone broth
- 1 cup diced onions
- 1 tbsp garlic, minced
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika

GRAVY INGREDIENTS

- 1 tbsp butter
- 1/2 tsp xanthan gum

DIRECTIONS

- 1 Add all roast ingredients to a gallon freezer bag. Shake and massage until the spices are fully dissolved into the broth.
- 2 Lay the bag flat and freeze. The day before cooking, move it to the refrigerator to thaw so the juices soak into the roast.
- 3 Place the roast and its juices in the crockpot. Cover and cook on low for 8–10 hours, until it pulls apart easily with a fork.
- 4 Remove the roast from the crockpot and shred it, discarding any large pieces of fat.
- 5 Pour the cooking liquid into a saucepan with the butter and xanthan gum. Bring to a gentle simmer.
- 6 Once the gravy starts to bubble, add the shredded beef, stir, and remove from heat once it reaches your desired thickness. Tip: xanthan gum keeps thickening slightly as it sits, so pull it a touch thinner than you want the final texture.
- 7 Serve over cauliflower rice, Kaizen protein rice, Hero noodles, or ShePrepsSmart low-carb biscuits.

TIPS & STORAGE

- * Freezing the roast with the seasoning bag lets the flavors soak in as it thaws — plan to move it to the fridge the day before you want to cook it.
- * Alternate gravy thickener (higher carb): whisk 2 tbsp cornstarch into 2 tbsp cold water, or 1½ tbsp arrowroot into 2 tbsp cold water, and stir in at the end instead of xanthan gum.
- * Refrigerate leftovers in an airtight container for 3–4 days.
- * Freeze in a freezer-safe container for up to 3 months. Thaw overnight in the fridge, then reheat gently on the stovetop or in the microwave.



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Nutrition Facts

Shredded Beef & Gravy

Nutrition Facts

6 servings per recipe

Serving size

about 1 cup*

Amount per serving

Calories

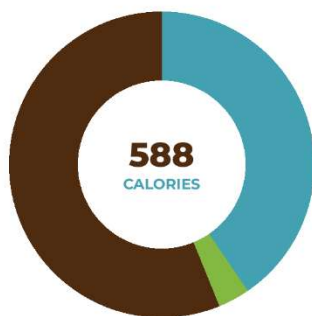
588

% Daily Value*

Total Fat 37g	56%
Saturated Fat 15g	77%
Trans Fat 2g	
Cholesterol 194mg	65%
Sodium 370mg	15%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	2%
Total Sugars 2g	
Protein 60g	119%
Potassium 802mg	23%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MACRO BREAKDOWN PER SERVING



PROTEIN 60g

41% of calories

CARBS 5g

3% of calories

FAT 37g

57% of calories

WHY THIS RECIPE EARNS A SPOT IN YOUR ROTATION

- **Protein anchor** — 60g of protein per serving from a full chuck roast simmered low and slow, no protein powder needed.
- **Stable blood sugar profile** — just 5g total carbs and 2g sugar per serving, so this plays well with a low-carb, blood-sugar-friendly plate.
- **Real food, real ingredients** — beef bone broth, aromatics, and a chuck roast — no fillers or ultra-processed shortcuts.
- **Freezer-friendly & make-ahead** — season and freeze the roast ahead of time, then let the crockpot do the work on a busy weeknight.

**Nutrition calculated via MyFitnessPal. Values vary by specific brands used.*