

Amateur Chef & Slow Cooker Joyce Hutton, Meadowood Resident

BANGIN' BEEF

The original recipe is attributed to a resident of Ripley, Mississippi, who, back in 1990, adapted a family recipe and just called it “Roast Beef” when she shared it with a friend. That woman included it in her church’s cookbook and titled it “Mississippi Pot Roast.” According to a national newspaper, it became “the roast that owns the internet.” I read about it and first served it to guests in October 2018. Since then the recipe has “gone viral” here at Meadowood; and at a staff potluck party, it was such a hit that it was renamed “Bangin’ Beef.”

The photograph shows all five of the ingredients (the beef is in the slow cooker).



BANGIN' BEEF

(aka Mississippi Pot Roast)

Ingredients:

- One 3- to 4-pound boneless chuck roast (a good amount of marbling works best)
- 1 package dry au jus gravy mix
- 1 package dry Italian salad dressing mix
- 1/2 stick (4 Tbsp.) butter
- Pepperoncini peppers (number to your liking) plus 2 Tbsp. juice

Directions:

- Put the roast in a slow cooker.
- Sprinkle the gravy and salad dressing mixes on meat. Put butter on top of meat. Add pepperoncini and juice to cooker.
- Cook on low about 8 hours.