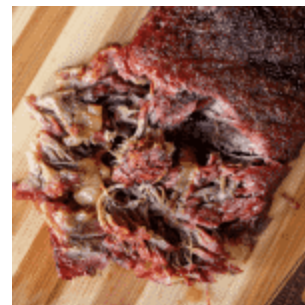


Smoked Chuck Roast (for pulled beef)

Smoked Pulled Beef Chuck Roast is like best Sunday pot roast you've ever had with an extra kiss of smoked flavor you never knew you wanted. Tender, melt in your mouth, full of beefy flavor.



Prep Time	Cook Time	Resting Time	Total Time
10 mins	9 hrs	15 mins	9 hrs 25 mins



4.88 from 56 votes

Course: Main Dish Cuisine: Barbecue Keyword: Smoked Chuck Roast Servings: 6 people
Calories: 567kcal

Ingredients

- 1 chuck roast 3-4 pounds
- 1 yellow or white onion sliced
- 3 cups beef stock divided use
- 3 Tablespoons [Hey Grill Hey Beef Seasoning](#) or equal parts salt, pepper, and garlic powder.

Instructions

1. **Preheat the smoker.** When ready to cook, start your smoker going at 225 degrees F and preheat with the lid closed, for 10 to 15 minutes.
2. **Season the chuck roast.** Season the roast liberally with the Beef Seasoning (or equal parts salt, pepper, and garlic powder), using your hands to press the rub into every surface of the meat. (Optional, rub your meat the night before smoking and refrigerate).
3. **Smoke the roast.** Put the roast directly on your grill grate, fat-side up, and cook for 3 hours, spraying with 1 cup of the beef stock every hour (reserve the other 2 cups of stock).
4. **Add the broth and onions.** Place the sliced onions in the bottom of a large disposable aluminum foil pan and pour the remaining 2 cups of stock in the bottom of the pan. Transfer the roast into the pan on top of the onions and set the pan in the grill.
5. **Finish smoking.** Increase your grill temperature to 250 degrees F, and cook until the internal temperature reaches 165 degrees F (about 3 more hours). If you're watching a thermometer, you'll notice the temperature will stay between 155 and 165 degrees for quite a while. This is called the stall period and is totally normal.
6. **Cover with foil.** Once your roast hits 165, cover the pan tightly with aluminum foil and continue cooking until an instant-read meat thermometer inserted in the thickest part of the meat registers at least 200 degrees, up to 202 degrees F (this step can take another 3 hours). Every roast will be done at a slightly different temperature, so look for your probe to slide into the meat like it is sliding into softened butter.
7. **Rest, shred, and enjoy.** Remove the pan from the smoker and let rest for 15 minutes. Separate the roast from the cooking liquid. Shred the roast and separate the fat from the

cooking liquid. Moisten the roast with the remaining cooking liquid, or make it into au jus for dipping, or turn it into gravy.

Notes

If you are cooking a smaller 3-4 pound chuck roast, follow the same steps, but plan slightly less time per step (usually only about a half hour less). The whole roast will cook in closer to 7-8 hours. Also, reduce the onion and broth amounts by half.

Nutrition

Calories: 567kcal | Carbohydrates: 3g | Protein: 61g | Fat: 35g | Saturated Fat: 15g | Cholesterol: 209mg | Sodium: 483mg | Potassium: 1253mg | Fiber: 1g | Sugar: 1g | Vitamin A: 39IU | Vitamin C: 1mg | Calcium: 65mg | Iron: 7mg