

BBQ Beef

Mary Gibb - Marshall's Town & Country
1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

3 to 3-1/2 pound chuck
roast
2 tablespoons butter
1 medium onion, chopped
2 tablespoons
Worcestershire sauce
2 tablespoons brown sugar
1/2 cup chopped celery
1 teaspoon dry mustard
3/4 cup water
1 teaspoon salt
1 cup ketchup
1/4 teaspoon pepper
2 tablespoons vinegar
2 tablespoons lemon juice

Preheat the oven to 325 degrees.

In a skillet, brown the chuck meat. Place the roast in a three-quart casserole dish. Add a little water and cover.

Bake for three hours.

Make the sauce: In a saucepan, melt the butter. Add the onion and saute' until brown. Add the remaining ingredients and simmer for 10 minutes.

Pull the meat apart into bite-size pieces. Place the meat in a casserole dish. Add sauce.

Serve on bread or buns.

Per Serving (excluding unknoc items): 825 Calories; 40g Fat (41.4% calories from fat); 22g Protein; 105g Carbohydrate; Dietary Fiber; 120mg Choles; 5625mg Sodium. Exchanges: Grain(Starch); 2 1/2 Lean Me Vegetable; 0 Fruit; 6 1/2 Fat; Other Carbohydrates.