

Barbecue Beef (Slow Cooker)

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*2 pounds stew beef
5 tablespoons vinegar
3 tablespoons catsup
3/4 cup tomatoes or one
can tomato paste
2 teaspoons sugar
1 cup celery, diced
2 cups onions, diced
2 teaspoons Worcestershire
sauce*

FOR A CROWD

*5 pounds beef
2/3 cup vinegar
1/2 cup catsup
1 can (12 ounce) tomato
paste
1/4 cup sugar
2 cups celery, diced
4 cups chopped onion
1 tablespoon + 1 teaspoon
Worcestershire sauce*

Place all of the ingredients in a slow cooker.

Cook on LOW for eight to ten hours.

When tender, mash with a potato masher to break up the meat.

Great on a roll.

Per Serving (excluding unknown items): 6676 Calories; 440g Fat (59.3% calories from fat); 435g Protein; 242g Carbohydrate; 31g Dietary Fiber; 1521mg Cholesterol; 4853mg Sodium. Exchanges: 59 Lean Meat; 21 1/2 Vegetable; 50 Fat; 8 Other Carbohydrates.