

Barbecue Beef

Barbara Gase - Hudson's Beaubien

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

*1 to 2 pounds sliced cooked
roast beef
1 green bell pepper, sliced
1 white onion, sliced
bottled barbecue sauce
sugar
water
large hamburger buns (for
service)*

In a deep saucepan, combine the roast beef, green pepper and onion with the barbecue sauce to cover. Heat to boiling. Reduce the heat and simmer for at least two hours until the onion and green pepper are tender.

Add sugar if the sauce is too tart.

Add water if the sauce simmers down and becomes too thick.

Serve on buns.

Per Serving (excluding unknoc items): 74 Calories; trace Fat calories from fat); 2g Protein; Carbohydrate; 4g Dietary Fib 0mg Cholesterol; 6mg Sodiui Exchanges: 3 Vegetable.