

Barbequed Beef II

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

4 pounds chuck roast (lean, boneless)

1 cup meat sauce

2 1/2 bottle ketchup

1 green pepper, chopped fine

1 onion, chopped fine

1 tablespoon dry mustard

1 tablespoon vinegar

1 tablespoon sugar

In a cooking pot, simmer the chuck roast covered, with water and onion, until tender (all day, if necessary). Shred the meat when cold (Make sure that you shred and not cut). Season with chili sauce to taste.

In a saucepan, combine the meat sauce, catsup, green pepper, onion, dry mustard, vinegar and sugar. Add the shredded meat.

(This fills about twenty hamburger buns. It is better when served the next day.)

Per Serving (excluding unknown items): 472 Calories; 3g Fat (4.7% calories from fat); 8g Protein; 117g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 3742mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fat; 6 1/2 Other Carbohydrates.