

Barbequed Beef

Nancy Mazzocchi

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*3 pounds chuck roast
1 cup chopped onion
1 teaspoon dry mustard
1/2 teaspoon salt
3 tablespoons sugar
1 clove garlic
2 tablespoons shortening
2 teaspoons pepper
dash cayenne pepper
3 tablespoons vinegar
3 tablespoons
Worcestershire sauce
1 can (6 ounce) tomato
paste*

Cook the meat until very tender in a small amount of water to which three teaspoons of salt have been added.

While the meat is cooking, in a pot melt the shortening. Add the onions and cook until tender but not brown. Add remaining ingredients and cook over low heat for 20 minutes.

When the meat is done, shred fine. Add the meat and liquid together. Mix well.

Cover and cook slowly for 30 minutes. (If necessary, add water if the mixture becomes too thick.)

Per Serving (excluding unknown items): 573 Calories; 40g Fat (63.2% calories from fat); 37g Protein; 15g Carbohydrate; 2g Dietary Fiber; 131mg Cholesterol; 539mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates.