

# Beef Barbecue

*Marilyn Cole - Hudson's Westland*

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

*2 pounds beef chuck roast  
1 bottle (14 ounce) ketchup  
1/2 cup meat broth  
1 medium onion, finely  
chopped  
1 tablespoon vinegar  
1 tablespoon  
Worcestershire sauce  
2 teaspoons salt  
1/2 teaspoon chili powder  
1/4 teaspoon hot pepper  
sauce  
1/8 teaspoon black pepper*

Trim all the fat from the roast. Place in a large saucepan or Dutch oven. Cover with water. Simmer until very tender, two to three hours. Remove the meat from the broth. Reserve 1/2 cup of the broth. Cool the meat. Shred with a fork.

In a saucepan, combine the ketchup, reserved 1/2 cup of broth, onion, vinegar, Worcestershire sauce, salt, chili powder, hot pepper sauce and black pepper. Heat to boiling. Reduce the heat and simmer for 5 minutes. Add the meat.

Refrigerate for at least one day to blend the flavors.

Serve warm on buns.

Per Serving (excluding unknown items): 1967 Calories; 142g Fat (66.2% calories from fat); 14g Protein; 18g Carbohydrate; 3g Dietary Fiber; 525mg Cholesterol; 5090mg Sodium. Exchanges: Grain(Starch); 20 1/2 Lean Meat; 1/2 Vegetable; 15 1/2 Fat; 1/2 Other Carbohydrates.