

# Barbecue Beef II

*Shirley Jenksr - Hudson's Novi*

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

*3 pounds lean beef  
1 medium onion, chopped  
1 medium green pepper,  
chopped  
1 bottle (32 ounce) ketchup  
1/4 cup packed brown  
sugar  
1 tablespoon vinegar  
1/2 cup diced celery  
1 teaspoon cinnamon  
1/4 teaspoon ginger  
1/8 teaspoon cloves  
salt (to taste)  
pepper (to taste)  
buns (for service)  
SLAW TOPPING  
1/2 medium head cabbage,  
shredded  
1/3 cup vinegar  
1/3 cup sugar  
1/3 cup water*

Cut the beef into one-inch cubes. Place in a pressure saucepan on a rack. Cook until very tender, about 12 to 15 minutes. Open the cooker to let cool. Remove the rack. DO NOT DRAIN.

With a fork, mash the meat until it is shredded. (The meat juice will be absorbed.) Add the remaining ingredients to the meat in the saucepan. Cook until well-mixed and the flavors blend, at least 20 minutes.

Serve on buns topped with Slaw Topping, if desired.

To make the Slaw Topping: Place the cabbage in a medium bowl. In a small bowl, combine the vinegar, sugar and water. Pour over the cabbage. Mix well. Serve with one tablespoonful atop each barbecue sandwich.

(One pound of pork can be substituted for one pound of beef.)

Per Serving (excluding unknown items): 3495 Calories; 195g Fat (50.8% calories from fat); 27g Protein; 153g Carbohydrate; Dietary Fiber; 831mg Cholesterol; 938mg Sodium. Exchanges: Grain(Starch); 37 Lean Meat Vegetable; 15 Fat; 8 1/2 Other Carbohydrates.