

# Barbecued Beef

*Fay Washer - Hudson's Lakeside*

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

## **Servings: 20**

*6 pounds chuck roast  
1/2 stalk celery, chopped  
2 medium onions, chopped  
1 green bell pepper,  
chopped  
1 1/2 cups ketchup  
2 tablespoons chili powder  
1 tablespoon barbecue  
sauce  
3 tablespoons vinegar  
2 teaspoons salt  
1 teaspoon pepper  
1 1/2 cups water  
semi-hard rolls (for service)*

Trim the fat from the meat. Place the meat in the center of a roasting pan.

In a medium bowl, combine the celery, onions, green pepper, ketchup, chili powder, barbecue sauce, vinegar, salt, pepper and water. Mix well. Pour over the meat. Cover tightly.

Bake for six hours at 350 degrees.

Remove the beef from the pan. Discard any bones. Shred the meat with two forks. Return the meat to the sauce. Stir and keep warm.

Serve on semi-hard rolls.

Per Serving (excluding unknown items): 312 Calories; 21g Fat (62.5% calories from fat); 22g Protein; 7g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 511mg Sodium. Exchanges: Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.