

Pork Bar-B-Que

Sandra Cressman - Richlandtown, PA
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*2 pounds pork, cooked well
and finely chopped
1 to 2 onions, chopped
1 cup celery, chopped
2 tablespoons butter
2 tablespoons brown sugar
2 tablespoons
Worcestershire sauce
1 cup broth (from cooking
liquid)
2 tablespoons vinegar
1 bottle (18 ounce) ketchup
barbecue rolls*

Preparation Time: 30 minutes**Cook Time: 30 minutes**

Cook the pork and chop fine, or use leftovers.
Set aside.

In a skillet, brown the onions and celery in butter.
Add the brown sugar, Worcestershire, broth,
vinegar and ketchup. Heat to bubbling. Add the
meat. Simmer for 30 minutes.

Serve on warm barbecue rolls or crusty Italian
rolls.

Per Serving (excluding unknown
items): 406 Calories; 29g Fat
(64.8% calories from fat); 28g
Protein; 7g Carbohydrate; 1g
Dietary Fiber; 115mg Cholesterol;
219mg Sodium. Exchanges: 4
Lean Meat; 1/2 Vegetable; 3 1/2
Fat; 1/2 Other Carbohydrates.