

BARBECUED POT ROAST Recipe

Ingredients

- 1 tsp salt
- 2lb lean pot roast
- 1/2 cup tomato paste
- 24 peppercorns
- 1 small onion, chopped
- 1 tsp Worcestershire sauce

Instructions

Sprinkle salt over the roast and place in crock pot.
Spread tomato paste over meat; imbed peppercorns into paste;
top with onions and worcestershire sauce. Cover and cook on
LOW 8-10 hrs. Serve meat with accumulated gravy.

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