

Bar-B-Que Beef Sandwiches

Ingredients

- 3 lb Chuck roast
- 1 c Water
- 2 Beef bouillon cubes
- 1 tb Minced onion
- 15 oz Can tomato sauce
- 1/4 c Brown sugar
- 1/4 c Ketchup
- 1/4 c Mustard
- ds Worcestershire sauce

Instructions

Roast meat, along with 1 cup water and bouillon cubes. Shred meat with a fork after cooking and retain 1 cup of the juice from cooking. Add rest of the ingredients to shredded meat. Put in a crock pot and cook on low heat 3 to 4 hours. Serve over hamburger buns or dinner rolls.

Courtesy of Lisa Hlavaty , Meal-Master (tm) v8.05

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