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**Barbecue Beef Sandwiches**

Ingredients

- 3 lb Beef rump roast
- 3 tb Flour
- 15 oz Tomato sauce
- 1/2 c Onions-chopped
- 1/3 c Brown sugar, packed
- 2 tb Lemon juice
- 1 tb Beef instant bouillon
- 1 1/2 ts Chili powder
- 1 Cl Garlic; chopped fine
- 1 ts Dry mustard
- Hamburger buns

Instructions

Rub flour into roast. Place in bottom of crockpot and add remaining ingredients, except buns. Cook on low for about 14-16 hours. Serve over buns.

*Courtesy of Meal-Master (tm) v8.05*

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