

# Tangy Barbecue Beef

Preparation: Crock Pot

Ingredients:

- 1 cup diced celery
- 1 cup diced onion
- 1 cup ketchup
- 1 cup barbecue sauce
- 1 cup water (1/4 cup if roast frozen)
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 3 1/2 pound beef roast

Method:

Place roast in the crock pot. Mix all ingredients together and pour over the roast. Cook on low 9 - 10 hours.

If necessary, thicken sauce with 1/4 cup cold water and 1 tablespoon of flour.

Shred roast apart and place on crusty buns.

Serves: 10

Left-overs are great with mustard or horseradish on buns

This is a great recipe to put in a freezer bag in the freezer. Then just put in the crock-pot frozen early in the morning and later it will be done!



*Recipes from Ingrid at Quiltessential Co. Inc. St. Albert, Alberta.*