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BBQ Beef

Serves 6-8

2 1/2 to 3 lbs lean chuck roast or bottom round

1/4 cup packed brown sugar

2 tablespoons spicy mustard or Dijon

1 teaspoon liquid smoke flavoring

1/4 teaspoon ground black pepper

1 1/2 cups ketchup

1/4 cup wine vinegar

1 tablespoon Worcestershire sauce

1/2 teaspoon salt

1/2 teaspoon garlic powder

Place beef roast in crockpot. Combine remaining ingredients; pour over roast. Cover and cook on LOW for 8 to 10 hours. Remove roast, shred meat. Place shredded meat back in crockpot; stir to coat well.

Note: If you don't want to make your own BBQ sauce, Bulls Eye is a good brand to use because they don't have corn syrup in the sauce. Watch out, almost all the others do!