

SLOW COOKER BBQ BEEF SANDWICHES

2 – 3 lbs. lean boneless chuck roast
1 cup tomato ketchup
2 Tbsp. Dijon-style mustard
4 Tbsp. brown sugar
3 cloves crushed garlic
1 Tbsp. Worcestershire sauce
3 Tbsp. red wine vinegar
1 tsp. liquid smoke flavoring
1 tsp. salt
1 tsp. pepper
10 -12 soft French rolls or sandwich buns

Spray crock pot with PAM. Place beef in slow cooker. Combine ingredients and pour over the meat. Cover and cook on low 8 – 9 hours. Shred the beef by pulling it apart with 2 forks. Add enough sauce to get the desired texture. Spoon on warm rolls.

Susan

You Go Girl!

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