

Bar B Q



Rub a 3 to 4 lb. chuck roast with garlic.  
Place in large pot. Add 3 or 4 medium onions,  
chopped and 2 bay leaves. Cover roast with  
water.

Cook until tender, about 4 to 5 hours.

Meanwhile make sauce:

1 Cup Catsup  
4 teasp. Vinegar  
1 lemon or 2 Tablesp. Real Lemon  
1/2 Cup Brown sugar  
1 jar Kraft (regular, not smoked) Bar B Q Sauce  
2 Cups stock from meat

Simmer 30 minutes

String meat and add

Simmer another 15 to 20 minutes or longer.

Better made ahead of time and stored

Use broth from meat to make delicious soup.