



# Sweet and Sour Beef BBQ

## Ingredients

- 7 pounds boneless chuck roast
- 1 cup water
- 3 tablespoons white vinegar
- 4 tablespoons brown sugar
- 2 teaspoons dry mustard
- 4 tablespoons Worcestershire sauce
- 3 cups ketchup
- 2 teaspoons salt
- $\frac{3}{4}$  teaspoon ground black pepper
- $\frac{1}{4}$  teaspoon cayenne pepper
- 6 cloves garlic, minced

## Instructions

### 1. Initial Slow Cook

Place the chuck roast in a slow cooker and add 1 cup of water.

Cover and cook on **LOW** for **2 to 4 hours**, or until the beef is tender and easily shredded with a fork.

### 2. Shred the Beef

Remove the roast and shred it using two forks, discarding any excess fat. Return the shredded beef to the slow cooker. Reserve  $\frac{1}{2}$  cup of the cooking liquid for later.

### 3. Add Sauce Ingredients

To the shredded beef in the slow cooker, add the vinegar, brown sugar, dry mustard, Worcestershire sauce, and ketchup.

Stir in salt, black pepper, cayenne, and minced garlic. Mix thoroughly until the beef is fully coated in the sauce.

### 4. Final Cook

Cover and continue to cook on **LOW** for an additional **4 to 6 hours**, allowing the flavors to fully develop.

Add the reserved broth as needed to maintain a moist texture.

### 5. Serve

Serve hot on toasted buns for delicious BBQ sandwiches. Leftovers can be cooled and frozen for future meals.