

## **Barbecued Beef**

### **Ingredients**

<b>1 ½ cups ketchup</b>	<b>1 tsp liquid smoke flavoring</b>
<b>¼ cup packed brown sugar</b>	<b>½ tsp salt</b>
<b>¼ cup red wine vinegar</b>	<b>¼ tsp ground black pepper</b>
<b>2 Tbsp prepared Dijon mustard</b>	<b>¼ tsp garlic powder</b>
<b>2 Tbsp Worcestershire sauce</b>	<b>1 (4 lb) chuck roast</b>

### **Directions**

- 1. In a large bowl, combine ketchup, brown sugar, red wine vinegar, Dijon mustard, Worcestershire sauce and liquid smoke. Stir in salt, pepper and garlic powder.**
- 2. Place chuck roast in a slow cooker. Pour ketchup mixture over the roast. Cover, and cook on low for 8 to 10 hours.**
- 3. Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.**