

Pulled Beef Barbeque

3 to 4 lb chuck roast

12 T onion

6 T butter

2 c ketchup

¼ tsp salt

½ c pickle juice (bread and butter works best, but vinegar based is fine)

4 T brown sugar

4 tsp mustard

4 T Worcestershire sauce

Rolls

Cook roast in a crockpot with 1 ½ cups water on low for 12 hours. When roast is done, pull meat apart into shreds with 2 forks. Sauté onion in butter until tender. Add to meat. Combine ketchup, salt, pickle juice, brown sugar, mustard, and Worcestershire sauce. Pour over meat. Simmer on low in crockpot. Serve on rolls.

Submitted by Amy Bullard