

Hot-n-Spicy BBQ Beef Recipe

Required:	
Ingredients:	2 lb beef chuck roast celery, 1/2 cup chopped onion, 1/2 cup chopped green pepper, 1/2 cup chopped water - about a quart 1 1/2 cup ketchup 3 Tbsp taco sauce 2 Tbsp brown sugar 2 Tbsp vinegar 1 tsp minced garlic 1 tsp salt 1 tsp dry mustard 1 tsp chili powder 1 bay leaf 8 hamburger buns
Notes:	main course For easier preparation in the field... - Chop vegetables before and store in zip-loc. - Mix all other ingredients except beef and water in a zip-loc.
Instructions:	Put beef, celery, onion, pepper in D.O. Add water until beef is just covered. Cook 2.5 hours. Remove meat, but keep liquid in D.O. Break meat into large pieces to help it cool faster. When cool enough to handle, shred beef and return to D.O. Add all ingredients except buns. Cook 1 hour. Serve on buns.