

## TOWNEHOUSE BARBECUE BEEF

Mary Joyce Towne

### Ingredients:

3-5 lbs. beef roast (chuck, rump, etc.)  
1 whole onion, chopped  
½ cup chopped celery  
2 tbsp. butter or margarine  
2 tbsp. vinegar  
2 tbsp. Worcestershire sauce  
⅓ cup brown sugar  
¼ tsp. dry mustard  
4 tsp. lemon juice  
1 small bottle (approx. 18 oz.) catsup

*This works best with an electric roasting pan, but can be made on the stove.*

1. Cook roast until brown and tender.
2. Brown onion and celery in butter or margarine, add to roast.
3. Add other ingredients, mix.
4. Simmer for several hours on low or medium heat until meat separates; mix thoroughly with other ingredients.
5. Serve hot on bun. Tastes great with dill pickles and cheese slices.

### Comments:

A summer favorite, great in any season. Simmer nice and slow to get a tender, deep red-brown barbecue mixture with a slightly sweet, tangy flavor. Perfect for parties and holidays.

Questions? Comments? Email me at [davidtowne@hotmail.com](mailto:davidtowne@hotmail.com)