

Barbeque Pot Roast

Cook Time: 3 hours

6-8 servings

Ingredients

2 tbl Salad Oil

1 3-5 pound roast (beef or pork, with or without bone)

1 medium onion

3 cloves garlic minced

8-oz canned tomato sauce

6-oz canned tomato paste

2/3 cup packed light brown splenda

1/2 cup cider vinegar

1 tsp salt

2 tbl Worcestershire

2 tsp dry mustard

½ tsp pepper

2 bay leaves

Directions

In an 8-quart Dutch oven over medium high heat, in hot salad oil, cook meat until well browned on all sides. Remove to meat platter. Meanwhile slice onions and chop garlic finely.

In same Dutch oven over medium heat, in drippings, cook onions and garlic until lightly browned, about minutes, stirring occasionally. Spoon off excess drippings from Dutch oven, leaving about 3 tbl of oil. Stir in tomato sauce and remaining ingredients. Return meat to Dutch oven. Over high heat, bring to boiling. Reduce heat to low, cover and simmer 2-3 hours or until meat is fork tender, turning meat once.

Remove bones (from which the meat should be falling off) and place meat on platter. Discard bay leaves, skim fat from liquid and spoon into gravy boat.

