

Barbeque Beef

- 8 lbs. Beef chuck roast
- ½ onion, chopped
- 2 cups ketchup
- 2 tbsp barbeque spice
- 1½ tbsp liquid smoke
- ½ tsp garlic powder



Pressure Cooker Method:

Cut roast into 4 lb pieces. Place meat and onions into a large pot of salted, boiling water. Cook until meat shreds with a fork. Remove the meat from the pot and pour off all but ½ cup of water.

Shred the meat on a cutting board and return to the pot. Add remaining ingredients, mix and simmer for 30 minutes.

Serve on sub sandwich rolls.