

Barbecued Pot Roast

- 4 to 5 pounds beef chuck pot roast
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2 tbsp. Migliore California Garlic Extra Virgin Olive Oil
- 1/2 cup water
- 3 medium onion
- 2 cloves garlic
- 2 tablespoons brown sugar
- 1/2 teaspoon dry mustard
- 1/4 cup lemon juice
- 1/4 cup Migliore Traditional Balsamic Vinegar
- 1/2 cup Ketchup
- 1 tablespoon Worcestershire sauce

Rub surface pot roast with salt & pepper, brown in garlic olive oil. Add water, tomato sauce, sliced onions, finely chopped garlic. Cover and cook over low heat 1 1/2 hours. Mix remaining ingredients together and pour over pot roast. Cook slowly another 1 1/2 or 2 hours. The longer and slower pot roast is cooked, the better it tastes. Makes 8 Servings.