

PULLED BBQ & COLE "SLOP"

serves 8

To make the Pulled BBQ:

- 1 glob of butter (about 2 Tablespoons)
- 1 cup of chopped onions
- 1 cup of chopped celery
- 1 cup of chopped green pepper
- 3 cloves of garlic minced
- 2 big squeezes of mustard
- 2 big squeezes of ketchup
- 1/2 cup of brown sugar
- 1/4 cup of Cider Vinegar
- 18 oz. of Tomato Puree or Sauce
- Pork or Beef Chuck

Place the butter into the bottom of a deep pan. Sautee the Onions, Celery, Green Pepper and Garlic until translucent. Now add brown sugar, ketchup, mustard, cider vinegar, and tomato puree. Cook down. Take your pot roast and place it in a deep baking pan, fill with 1/2" of water. Cover with aluminum foil and bake at 325 degrees until thoroughly cooked. Let rest and than pull the meat and put it in the BBQ mixture. Continue to cook the mixture with the pulled meat until it tastes good.... and when you can't wait any longer to eat it.

To make the Cole Slop:

1 head of cabbage – sliced in long lengths

1/2 cup of onions

1/2 cup of green pepper

1 clove of garlic minced

Put in Bowl. Now add:

4-5 tablespoons of heavy milk or cream

1 cup or so of mayonnaise (Hellman's)

Salt and pepper to taste ... Then, mix all the ingredients together.

OR: For a No-Fuss Coleslaw: use a premix bag of coleslaw, about 14oz. and add to it about 11oz. of Kraft 1-step Coleslaw Maker Dressing, mix well.

To make the Sandwich

Take any Roll or bun and toast it. Add BBQ mixture and Cole Slop and EAT!

For Crockpot: (Easy way to make Pulled BBQ)

Increase butter to 1 stick. Do not cook meat separately - instead you will need a can (about 14 oz.) of Chicken Stock. Add butter, chicken stock and meat to crockpot, now add all other ingredients, listed above... Cook on high for 6 - 8 hours and then another 1-2 hours on low heat (not warm).