

TANGY BBQ BEEF SANDWICHES

Preparation time: 2-3/4 to 3-1/4 hours

- 1 boneless beef chuck pot roast**
(arm, shoulder *or* blade) (2-1/2 lb)
- 2 tsp olive oil**
- 1 can (14 to 14-1/2 oz) beef broth**
- 2 Tbsp minced garlic**
- 1-1/2 cups barbecue sauce**
- Rolls, split**



1. Heat oil in stockpot over medium heat until hot; brown beef pot roast. Sprinkle with salt and pepper.
2. Add broth and garlic; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove pot roast; cool slightly. Skim fat; reserve cooking liquid. Shred pot roast with 2 forks.
4. Combine beef and barbecue sauce in saucepan. Cook and stir over medium heat 8 to 10 minutes, adding cooking liquid as needed to keep beef moist. Serve in rolls.

6 servings