

RV GODDESS: BBQ Pulled Beef Sandwiches

Three ingredients, RV easy! Granted one of the ingredients is a jar of BBQ sauce, so choose a good one and not a bottle containing junky high fructose corn syrup. These sandwiches are great with coleslaw and even better with coleslaw *in* the sandwich.

2 cups minced yellow onion

2.5 - 3-pound boneless beef chuck roast, round roast or brisket, trimmed of fat

One 18-ounce bottle good quality BBQ sauce

Burger buns, to accompany, if desired

Place the chopped onion in the bottom of a crockpot. Pour about 1/4 cup BBQ sauce over the onion and stir to coat. Lay the roast on top of the onion and pour the remaining BBQ sauce over the beef, making sure the meat is coated. (You may cut the roast in a few pieces to fit your crockpot, if needed.)

Cover and cook on low for 8 hours. Remove meat from sauce and shred with two forks. Return the meat to the sauce, stir to coat. Serve as a sandwich in hamburger buns, or in bowls over pinto, kidney or black beans.

Serves 6 or more.