

# SPORTS SUNDAY SUPER MENU



## Sweet & Spicy Chuck Roast

- 2 to 3 pound Beef Chuck Roast
- 2 cups barbecue sauce
- 1 onion, cut into rings
- 1 green pepper, chopped

Remove bones from roast and save for soup or broth. Trim excess fat from roast and cut meat into serving-size pieces. Brush each piece thoroughly with barbecue sauce and place in Dutch oven. Sprinkle with onion and green pepper. Cover and bake at 300-325°F. 2 hours. Uncover and drain juices from pan. Brush each piece thoroughly with barbecue sauce. Bake 1 hour longer, uncovered, brushing several times with barbecue sauce. Makes 4 to 6 servings.

- Meat can be prepared several days in advance and refrigerated until serving time.
- If desired, after 2 hours baking, remove meat and finish by grilling on barbecue while brushing with sauce.
- Can be cooked in microwave. Check oven manual for instructions and use low power.

## The perfect steak in six easy steps.

To barbecue or grill perfect steaks, follow these simple directions.

- Choose naturally tender beef steaks such as T-Bone, Tenderloin, Rib, or Top Loin (New York). Allow one steak or 1/2 pound per person.
- Brush steaks on both sides with Worcestershire sauce. Sprinkle with lemon-pepper seasoning or coarse ground black pepper. (Optional)
- Always salt after cooking, not before. Salt draws juices from the steaks and prevents browning.
- Don't place steaks too close to the heat or they will become tough. Steaks which are 3/4 to 1-inch thick should be 2 to 3 inches from the heat. Steaks over 1-inch thick should be 3 to 5 inches from the heat.
- Turn steaks once not twice. Use tongs, not a fork. A fork will pierce the meat and cause loss of juices.
- Do not overcook or steaks will dry out.

just what you want ... a

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