

Barbecued Chuck Roast

Servings: 6

3 pounds chuck or arm roast
2 tablespoons tomato catsup
2 cloves garlic, crushed
1/4 cup olive oil
1 teaspoon rosemary leaf, crushed
1/4 teaspoon dry mustard
2 teaspoons soy sauce
1/4 cup wine vinegar
1/4 cup sherry

Cuisine: Barbeque

Place meat in shallow glass dish; pour Marinade over meat. Cover dish with plastic wrap. Refrigerate 24 hours, turning meat frequently.

Remove meat from marinade. Stir 2 tablespoons catsup into marinade; heat through on grill. Brush on meat. Place roast on grill 4 inches from medium coals.

Cook 1 to 1 1/4 hours or until tender, turning frequently and basting every 5 to 6 minutes with hot marinade. Serve roast rare in the middle and browned on the outside.

MARINADE: Cook and stir garlic in oil; add rosemary, mustard and soy sauce. Remove from heat and stir in vinegar and wine.

Per Serving (excluding unknown items): 98 Calories; 9g Fat (90.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 115mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.