

Barbecued Chuck Roast

Cooking for 2 Magazine

Servings: 2



Bette Roman of Brookfield, Illinois won first place in a local recipe contest with this tasty roast. "It's great for just the two of us or for company," shares Bette. "I usually serve it with baked potatoes and corn-on-the-cob."

Ingredients

¼ cup red wine vinegar
¼ cup ketchup
2 tablespoons reduced-sodium soy sauce
1 tablespoon Worcestershire sauce
2 teaspoons canola oil
1 teaspoon brown sugar
1 teaspoon prepared mustard
¼ teaspoon garlic salt
¼ teaspoon pepper
1 boneless beef chuck roast (1½ pounds), trimmed

Cooking Method

In a small bowl, combine the first nine ingredients. Pour ¼ cup into a large resealable plastic bag; add the roast. Seal bag and turn to coat; refrigerate for 2-3 hours, turning several times. Cover and refrigerate remaining marinade for basting.

Prepare grill for indirect heat, using a drip pan. Coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Grill beef, covered, over indirect medium heat for 1½ to 1¾ hours or until tender, turning and basting occasionally with reserved marinade. Cut into thin slices.