

Barbecued Chuck Roast

Thom Hackett

Servings: 6



Easy, easy, easy to prepare.

Ingredients

3 pounds chuck or arm roast
2 tablespoons tomato catsup

Marinade:

2 cloves garlic, crushed
¼ cup olive oil
1 teaspoon rosemary leaf, crushed
¼ teaspoon dry mustard
2 teaspoons soy sauce
¼ cup wine vinegar
¼ cup sherry

Cooking Method

MARINADE:

1. Cook and stir garlic in oil.
2. Add rosemary, mustard and soy sauce.
3. Remove from heat and stir in vinegar and wine.

Place meat in shallow glass dish:

1. Pour Marinade over meat.
2. Cover dish with plastic wrap.
3. Refrigerate 24 hours, turning meat frequently.
4. Remove meat from marinade.
5. Stir 2 tablespoons catsup into marinade.
6. Heat through on grill.
 - Brush marinade mixture on meat.
 - Place roast on grill 4 inches from medium coals.
 - Cook 1 to 1¼ 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.