



# BBQ Beef or Pork

3 lb English Roast or Boneless Pork Butt (preferred) \*  
1 Cup Ketchup  
1 1/2 Cup Water  
1/2 t Chili Powder \*  
6 T Brown Sugar  
2 T Lemon Juice \*  
2 T White Vinegar \*  
3 T Worcestershire Sauce \*  
1 T Oil. \*Cube Meat and place everything into a pot and cook slowly on medium  
low heat  
for about 3 to 4 hours. Stirring occasionally.