

## Awesome Barbecue Pot Roast

Frozen or thawed Sirloin Roast \*

3 medium onions, sliced and separated into rings.

1 (8oz.) can tomato sauce

½ cup water

¼ cup lemon juice

¼ cup catsup

¼ cup cider vinegar

1 Tbsp. Worcestershire sauce

2 cloves garlic, minced or crushed

½ tsp. dry mustard (or tsp. yellow prepared mustard)

2 tsp. salt

¼ tsp. pepper

2 Tbsp. brown sugar

- Place roast in a deep baking dish or ovenproof Dutch oven.
- Place onions on top and around roast
- Combine next 11 ingredients, and pour over onions and roast.
- Cover tightly with Foil (if pot has a top, place on top of foil)
- Bake:  
Thawed Roast: Bake at 295 for 5 hours  
Frozen Roast: Place in oven in early morning and bake at 275 till dinnertime