



Crowley Bar B Q

From Mary Kay

My adaptation - Your mother used canned beef

- 3 cups cooked beef in pieces
- 2.5 cups ketchup
- 2.5 cups water
- 4 tablespoon sugar
- $\frac{1}{2}$ cup limeon juice
- 1 green pepper
- $\frac{1}{2}$ large onion, chopped

- Bring to a boil and simmer until serving consistency.

Note from Mary Frances:

This recipe got me in trouble once with Sandi. At the last minute she asked me to bring Mom's bar-b-q beef recipe to a gathering of the DiBasio women for the annual summer luncheon. It was so last minute, I went to K Mart and bought the canned beef, even though it was beef that was raised in Costa Rica or somewhere such place, during the time that there was a real furor about beef being raised in the rain forests. I made the dish using the canned beef. Everyone LOVED it and wanted the recipe. I was too embarrassed to say that I had purchased beef raised in the rain forest, so worked for days to come up with a recipe that I made in the pressure cooker to get the beef all shredded looking so it looked like the dish I made using forbidden canned beef. I simply swore not to make the dish again rather than write the pressure cooked beef recipe down. I have never made it since.

