

# Bbq Beef

## Ingredients

## Instructions

3 Pounds Stew Meat  
3 Medium Peppers  
2 Onions  
6 Ounces Tomato Paste  
1/2 Cup Brown Sugar  
1/4 Cup Vinegar  
3 Tablespoons Chili Powder  
2 Teaspoons Salt  
2 Teaspoons Worcestershire Sauce  
1 Teaspoon Ground Mustard

Mix all in crockpot. Cover. Cook on high 6-8 hours. Skim fat. Shred meat. Serve on buns.