



# Sweet and Sour Beef

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## Ingredients

3 lbs beef pot roast (any cut), cut into 1-1/2" cubes (you may also use stew meat)

1-1/2 cup dark brown sugar

4 cloves minced garlic or 2 tbsp granulated garlic

2 medium onions, chopped

1 tbsp minced ginger or 1 tsp ground ginger

1 tsp paprika

1-12 oz can Dr. Pepper

1/2 cup soy sauce

1 tsp black pepper

1 can each, crushed and sliced pineapple

Muenster, Swiss, Colby Jack or other cheese, sliced

Hamburger buns or other sandwich bun

1. Place all ingredients except sliced pineapple, cheese and buns in a sealable plastic bag and marinate in the refrigerator overnight, or for at least 3 hours.
2. After marinating, place contents of bag in a pressure cooker and cook 15-20 minutes\*. While beef is cooking, grill the pineapple slices and toast buns.
3. After beef is cooked, remove from pan and turn up heat to reduce the juices. Shred beef and place on toasted buns with reduced juice, cheese and grilled pineapple.

\*A slow cooker may be used if a pressure cooker is unavailable. Place all contents except sliced pineapple, cheese and buns into a slow cooker and cook on low heat for 3-8 hours, or until fork tender.

Makes 10 to 12 servings