



French Dip Sandwich



Ingredients:

- 3-4 pounds chuck roast or rump roast
- salt and pepper to taste
- 10 ½ ounces beef broth low sodium
- 10 ½ ounces onion soup low sodium
- 1 onion sliced
- 12 ounces light beer
- 2 cloves garlic minced
- 1 sprig rosemary optional
- 1 teaspoon Worcestershire sauce
- 8 French rolls or 2 baguettes cut into 6" rolls
- 8 tablespoons butter

Method:

1. Season roast with salt & pepper. Brown in a large pan over medium high heat.
2. Place remaining ingredients (except rolls and butter) in a slow cooker. Cook on low 8 hours or on high 4 hours or until beef is tender.
3. Once roast is tender, remove from the juices and let rest 15 minutes. Shred or slice beef.
4. Butter rolls and heat under a broiler until lightly toasted. Top rolls with beef and serve with jus from the slow cooker for dipping.

Notes:

Beef can be sliced and placed back into the jus to keep warm.

Cheese can be added to the broiled rolls.

If you do not want to use beer, you can replace it with extra beef broth.

Option:

Combine 1-2 teaspoons of cornstarch with an equal amount of water. Add the juices in the slow cooker while the meat is resting. You do not want to thicken the jus but this just adds a bit of body.