



# French Dip

## COOKS NOTES

*One bite and I knew this would become a repeat recipe for my collection. Not only were the results mouth-wateringly delicious but the smell of the kitchen while the meat slow-cooked throughout the day was heavenly. Save the left-overs for in another favorite - Beef Taquitos!*

## INGREDIENTS

- 2 Tbs. olive oil
- 1 2.5-3 lb. beef roast  
salt and pepper
- 2 1-oz. packages dry onion  
soup mix
- 2 cups water
- 2 14 oz. cans low sodium beef  
broth
- 6-8 large sandwich rolls  
Swiss, provolone, or mozzarella  
cheese, shredded or sliced

## \* NOTES

Recipe from *Our Best Bites*.

### *Serving Suggestions:*

Serve with Parmesan Steak  
Fries, Sweet Potato Fries, Onion  
Rings or Grilled Zucchini.

## PREPARATION

Heat oil in a large pot over medium-high heat and rub roast with salt and pepper.

When very hot, carefully place roast in pan and sear on all sides. You're not cooking the meat, you're just browning it quickly on all sides to add flavor and seal in the juices.

Place in crockpot and sprinkle with onion soup mix. Pour water and beef broth over roast.

Cook 8-10 hours on low. The longer it cooks, the more tender it will be. When the roast is ready, shred with a fork.

Cut rolls in half and toast in a toaster. Place meat on rolls. Top with cheese and broil open-faced in the oven for a few minutes, until cheese melts.

Serve sandwiches with small cups of french dip juices and enjoy!

**SERVES 6-8.**