



French Dip Sandwiches

Ingredients

- 1 (3-pound) bottom round roast, trimmed
- 2 cups water
- ½ cup soy sauce, (low sodium)
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 bay leaf
- 3 whole peppercorns
- 8 French rolls, split

Makes 8 servings

Instructions

1. Cut roast in quarters and place in slow cooker, add water, soy sauce, and seasonings.
2. Cover and cook on high for 5-6 hours or until beef is tender.
3. Remove meat from broth; shred with fork and keep warm.
4. Strain broth, skim off fat, and pour broth into small cups for dipping.
5. Serve beef on rolls.

Nutrition Facts

Serving Size 1 sandwich	
Servings Per Container 8	
Amount Per Serving	
Calories 410	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 690mg	29%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 52g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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