



Drip Beef Sandwiches

READY IN



330 min.

SERVINGS



12

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 4 pound chuck roast
- ☐ 10 buttered deli rolls toasted
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 16 1 16-ounce jar pepperoncini
- ☐ 12 servings salt and pepper black
- ☐ 2 onions yellow sliced

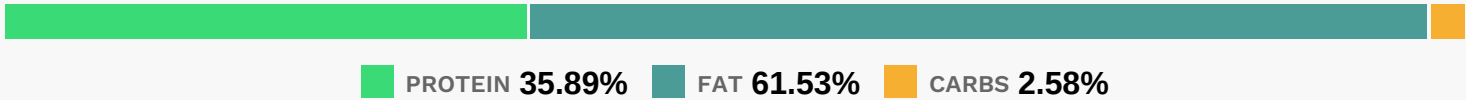
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the chuck roast with salt and pepper.
- ☐ Melt 2 tablespoons of the butter and the canola oil in a heavy pot over high heat. Sear both sides of the chuck roast until very browned, about 5 minutes in all.
- ☐ Pour in the beef broth and 1 cup water.
- ☐ Add the rosemary, and then pour in the pepperoncini with their juices. Now cover the pot and simmer until the meat is tender and falling apart, 4 to 5 hours.
- ☐ Meanwhile, heat a skillet over medium heat and add the remaining 1 tablespoon butter.
- ☐ Add the onions and saute until light golden brown. Set aside.
- ☐ Remove the roast from the pot and shred the meat completely using two forks. Return the meat to the cooking liquid and keep warm.
- ☐ To serve, slice wedges out of the tops of the deli rolls. Heap a generous portion of meat on each roll, and then spoon some of the cooking liquid over the meat. Top with a few peppers from the pot and plenty of caramelized onions. Top the sandwiches with the wedges of roll and serve to a roomful of ravenous guests. Youll win friends and influence people.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:20.134782594183%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 388.75kcal (19.44%), Fat: 26.63g (40.97%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.04g (1.15%), Cholesterol: 126.32mg (42.11%), Sodium: 767.09mg (33.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Zinc: 11.98mg (79.88%), Vitamin B12: 4.31µg (71.85%), Selenium: 36.89µg (52.7%), Vitamin B3: 8.08mg (40.41%), Vitamin B6: 0.74mg (37.13%), Phosphorus: 351.54mg (35.15%), Iron: 3.54mg (19.67%), Potassium: 654.32mg (18.69%), Vitamin B1: 0.26mg (17.36%), Vitamin B2: 0.29mg (17.24%), Vitamin C: 12.46mg (15.1%), Vitamin B5: 1.11mg (11.07%), Magnesium: 38.44mg (9.61%), Copper: 0.13mg (6.62%), Vitamin E: 0.96mg (6.38%), Vitamin K: 5.52µg (5.25%), Calcium: 37.84mg (3.78%), Folate: 13.85µg (3.46%), Vitamin A: 162.57IU (3.25%), Fiber: 0.81g (3.25%), Manganese: 0.06mg (3.15%), Vitamin D: 0.31µg (2.1%)