



Italian Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds boned beef chuck eye roast boneless rinsed (also called chuck filet or roll)
- ☐ 1 teaspoon peppercorns black
- ☐ 3 carrots peeled coarsely chopped (8 oz. total)
- ☐ 3 stalks celery rinsed coarsely chopped (4 oz. total)
- ☐ 3 tablespoons asian chili oil
- ☐ 30 oz crusty sandwich rolls sliced
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled coarsely chopped

- ☐ 12 servings salsa verde
- ☐ 2 teaspoons salt

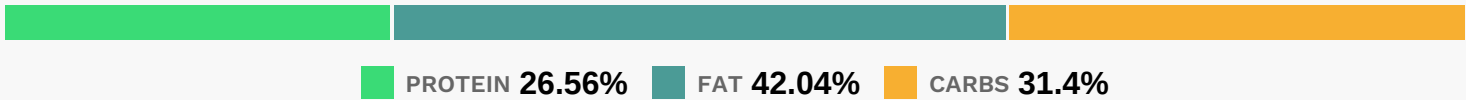
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Pour olive oil into a 6- to 8-quart ovenproof pan over medium-high heat; when hot, add onion, carrots, and celery and stir often until onion is limp, 6 to 8 minutes.
- ☐ Add 3 quarts water and the beef, peppercorns, and 2 teaspoons salt. Cover pan, increase heat to high, and bring mixture to a boil.
- ☐ Transfer pan, tightly covered, to a 300 regular or convection oven.
- ☐ Bake, turning meat over after 2 hours, until very tender when pierced, about 3 1/2 hours.
- ☐ Lift beef from broth and set on a large, rimmed dish. If meat is tied, cut and remove strings. With two forks, tear meat into large shreds, discarding any large pockets of fat. Skim and discard fat from juices in pan (see notes); add salt to taste.
- ☐ Brush chili oil lightly over cut sides of rolls to taste. Mound meat on roll bottoms and drizzle each sandwich with 2 to 3 teaspoons salsa verde; offer remaining sauce to add to taste.
- ☐ Add salt to taste. Ladle broth into small bowls to dip sandwiches into.

Nutrition Facts



Properties

Glycemic Index:11.49, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:28.173043593116%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 552.24kcal (27.61%), Fat: 25.66g (39.47%), Saturated Fat: 8.72g (54.49%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 40.48g (14.72%), Sugar: 4.91g (5.46%), Cholesterol: 104.33mg (34.78%), Sodium: 1145.13mg (49.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.95%), Selenium: 59.03µg (84.32%), Zinc: 12.12mg (80.82%), Vitamin B12: 4.13µg (68.79%), Vitamin A: 2814.6IU (56.29%), Vitamin B3: 9.75mg (48.75%), Phosphorus: 370.43mg (37.04%), Vitamin B6: 0.66mg (32.8%), Iron: 5.64mg (31.33%), Vitamin B1: 0.46mg (30.65%), Vitamin B2: 0.48mg (28.1%), Manganese: 0.45mg (22.27%), Potassium: 750.87mg (21.45%), Folate: 82.02µg (20.5%), Magnesium: 53.32mg (13.33%), Vitamin B5: 1.31mg (13.14%), Copper: 0.23mg (11.53%), Calcium: 108.32mg (10.83%), Vitamin K: 11.12µg (10.59%), Fiber: 2.63g (10.52%), Vitamin E: 1.39mg (9.28%), Vitamin C: 3.82mg (4.64%), Vitamin D: 0.15µg (1.01%)