



## Roast Beef French Dip with Green Pea Pesto

READY IN



75 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds beef eye of round roast
- ☐ 2 cups beef stock
- ☐ 2 tablespoons evoo
- ☐ 1 cup basil leaves fresh 20
- ☐ 0.3 cup mint leaves fresh
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 0.3 cup tarragon leaves fresh
- ☐ 1 clove garlic
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup parmesan   grated
- ☐ 1 cup defrosted peas   green frozen

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board

## Directions

- ☐ Two 3-inch wide long loaves French crusty bread (8 inches of bread per sandwich), split
- ☐ For the pesto: In a food processor, combine the basil, peas, Parm, mint, tarragon, garlic and about 1/2 cup EVOO. Season with salt and pepper and process to almost smooth.
- ☐ Transfer to a small container until ready to use. Or refrigerate and bring to room temperature when ready to serve.
- ☐ For the beef: Bring the roast to room temperature.
- ☐ Sprinkle the meat with the salt, pepper and rosemary.
- ☐ Preheat the oven to 475 degrees F.
- ☐ Heat 2 tablespoons EVOO in a Dutch oven or large cast-iron skillet over medium-high heat. Brown the meat evenly, 5 minutes. Then transfer to the oven and roast 30 minutes, or until the internal temperature registers 120 degrees F on a meat thermometer.
- ☐ Transfer the roast to a cutting board and cover with foil, 30 minutes. Wrap and store if not serving right away.
- ☐ To serve, very thinly slice the meat.
- ☐ Heat the stock to warm but not boiling. Quickly dip the meat in the stock and place on the French bread. Top with the green pea pesto and set the bun top in place.

## Nutrition Facts



 **PROTEIN 47.88%**  **FAT 41.91%**  **CARBS 10.21%**

Properties

Glycemic Index:45.56, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:20.114782525793%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.13kcal (12.86%), Fat: 11.8g (18.15%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.85g (2.06%), Cholesterol: 73.14mg (24.38%), Sodium: 292.38mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Selenium: 33.93µg (48.46%), Vitamin B3: 9.15mg (45.74%), Vitamin B6: 0.9mg (44.94%), Zinc: 5.42mg (36.13%), Vitamin B12: 2.15µg (35.8%), Phosphorus: 335.47mg (33.55%), Vitamin K: 27.09µg (25.8%), Iron: 3.96mg (22%), Vitamin B2: 0.34mg (19.92%), Potassium: 694.19mg (19.83%), Manganese: 0.38mg (19.19%), Vitamin C: 12.42mg (15.05%), Vitamin B1: 0.21mg (13.83%), Magnesium: 55.26mg (13.82%), Vitamin A: 627.15IU (12.54%), Calcium: 123.73mg (12.37%), Copper: 0.24mg (11.84%), Folate: 44.14µg (11.04%), Fiber: 1.93g (7.7%), Vitamin E: 1.09mg (7.29%), Vitamin B5: 0.57mg (5.66%)