

Hensleigh Healthy Beef Italian Beef Sandwiches

Ingredients:

3-4 lb Beef Roast, eye of round
1 can beef broth
3 cloves garlic, minced
1 envelope dry Italian dressing mix
1 tsp Italian seasoning
½ jar sliced pepperonics with juice
Fresh cracked pepper to taste

Optional:

Chewy Bread like Ciabatta
Cheese

Procedures:

Place roast in the bottom of the crockpot.
In a small bowl, combine broth, garlic, dressing mix and seasoning. Pour over meat.
Top with pepperonics, juice and peppers.
Cook on low 8 hours.
When finished cooking, shred the meat with two forks.
Leave meat in juice to keep it tender.
Serve as an open face sandwich with bread and cheese.

