

Easy French Dip Sandwiches

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 8

*1 (3 pound) fresh beef brisket (not
corned beef)*
1 package (1 ounce) onion soup mix
*1 can (10-1/2 ounce) condensed beef
broth*
8 mini baguettes or burger buns

Preparation Time: 10 minutes

Spray a three- to four-quart slow cooker with cooking spray.

Place the beef in the slow cooker.

In a small bowl, mix the dry soup mix and broth. Pour over the beef.

Cover and cook on LOW heat setting for eight to ten hours.

Remove the beef from the slow cooker to a cutting board. Cut the beef across the grain into thin slices or shred with two forks.

Cut each baguette in half horizontally. Fill the baguettes with beef. Cut crosswise in half.

Skim the fat from the liquid in the slow cooker. Pour the liquid into eight small custard cups. Serve with the sandwiches for dipping.

Start to Finish Time: 8 hours 10 minutes

Per Serving (excluding unknown items): 14 Calories; trace Fat (17.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 437mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Sandwiches, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):

14

Vitamin B6 (mg):

trace

% Calories from Fat: 17.1%
 % Calories from Carbohydrates: 68.1%
 % Calories from Protein: 14.8%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): trace
 Carbohydrate (g): 3g
 Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 437mg
 Potassium (mg): 33mg
 Calcium (mg): 7mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 1IU
 Vitamin A (r.e.): 0RE

Vitamin B12 (mcg): 0mcg
 Thiamin B1 (mg): trace
 Riboflavin B2 (mg): trace
 Folacin (mcg): 1mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.00%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 14 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	trace	0%
Sodium	437mg	18%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.