

# French Dip

*Cookbook Committee*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*1 small boneless beef roast  
bay leaf  
2 bouillon cubes  
1 carrot  
1 small onion  
2 stalks celery  
salt  
pepper  
French rolls (for  
sandwiches)*

Roll the roast in flour to coat. In a Dutch oven, brown well in oil.

Fill the Dutch oven half full with water. Add the bouillon, salt, pepper and any other seasonings of your choice. Add the celery, carrot and onion. Cover.

Braise in the oven until done.

Remove the roast from the oven and slice thin.

Strain the broth, discarding the seasonings.

Split the French rolls and warm.

Place meat in the rolls.

Place broth in individual cups for service.

Dip the sandwiches in broth at the table.

(You can improvise with leftover roast.)

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Per Serving (excluding unknown items): 86 Calories; trace Fat (3.9% calories from fat); 3g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 3 1/2 Vegetable.