

Crock-Pot French Dip (Slow Cooker)

Sally Clement

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 three-pound beef rump
roast*

*1 can (10.5 ounce) beef
broth*

*1 can (10.5 ounce)
condensed French onion
soup*

1 can (12 ounce) beer

*8 French rolls or sub rolls,
cut into pieces*

*butter or margarine (as
needed)*

Trim the excess fat from the roast. Place the roast in a slow cooker.

Add the beef broth, onion soup and beer

Cook for one hour on HIGH heat. Lower the temperature to LOW heat.

Cook on LOW for seven hours.

Split the rolls and spread them with butter or margarine. Place on a cookie sheet.

Bake the rolls at 350 degrees for 10 minutes.

Slice the meat on the diagonal. Place on the rolls.

Serve the sauce in a small bowl for dipping.

Per Serving (excluding unknown items): 205 Calories; 0g Fat (0.0% calories from fat); 12g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1297mg Sodium. Exchanges: 1 Lean Meat.