

Gourmet Barbecue Beef Sandwiches (Slow Cooker)

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Servings: 12

*1 (3 to 4 pound) rump or
bottom round roast
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup barbecue sauce
12 croissants, split
12 slices provolone cheese
tomato slices (optional)
lettuce leaves (optional)
red onion slices (optional)*

Rub the roast with salt and pepper.

Place in a five- or six-quart slow cooker.

Cook, covered, on LOW for eight to ten hours or until the meat is tender.

Remove the roast. Cool slightly. Skim the fat from the cooking juices.

Slice the beef. Return the beef and cooking juices to the slow cooker. Add the barbecue sauce. Heat through.

Place the croissant bottoms on a baking sheet. Top with cheese.

Broil four to six inches from the heat until the cheese is melted, 1 to 2 minutes.

Top with the beef. If desired, serve with the optional toppings. Replace the croissant tops.

Per Serving (excluding unknown items): 711 Calories; 47g Fat (60.3% calories from fat); 39g Protein; 32g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 1838mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 6 1/2 Fat; 0 Other Carbohydrates.