
Chicago Style Italian Beef (Slow Cooker)

Maria Olson

Nettles Island Cooking in Paradise - 2014

4 to 5 pound beef bottom roast

1 cup red wine

1/2 bottle (16 ounce) pepperoncini peppers (stems removed)

1/2 cup juice from pepperoncini

1 tablespoon oregano

1 1/2 teaspoons basil

red pepper flakes (to taste)

Place all of the ingredients in a crock pot.

Cook on HIGH heat for one hour.

Set the heat to LOW. Cook for eight to ten hours.

Beef, Slow Cooker

Per Serving (excluding unknown items): 189 Calories; 1g Fat (11.5% calories from fat); 1g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat.