

Slow Cooker French Dip

Servings : 6

Amount	Measure	Ingredient - Preparation Method
1	medium	yellow onion
3/4	cup	beef stock
1/4	cup	soy sauce
1/2	cup	water
1	tablespoon	worcestershire sauce
1	tablespoon	creole mustard
2	cloves	garlic - roughly chopped
3	pounds	chuck roast
		salt and pepper
6		sandwich rolls - split
6	slices	provolone or swiss cheese

Slice the onion into 1/4" rounds. Keeping them intact, place on bottom of crockpot.

Add broth, water, soy sauce, worcestshire sauce, mustard and garlic to the crockpot.

Salt and pepper both sides of the roast and place on top of the onions.

Cook on low for 6-7 hours until beef is fall-apart tender.

Transfer the roast to a cutting board and shred.

Remove the onions and set aside. De-fat juice.

Return roast, juice and onions to the crockpot an hour before serving. Switch to "keep warm".

Heat broiler. Place the split sandwich rolls on a lined baking sheet and toast for 1 minute.

Remove tops, and spoon beef onto bottom of rolls and top with cheese.

Broil until cheese is just melted. Top and serve with jus.