

## Beef Banh Mi

Make the popular Vietnamese-style sandwich at home with fork-tender pot roast and quick pickled toppings.

### INGREDIENTS

1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast, cut into 1 inch pieces (about 2 pounds)  
1 cup thinly sliced carrots  
1 cup thinly sliced radishes  
1/2 cup rice vinegar  
1/4 cup plus 1 tablespoon packed brown sugar, divided  
1-1/2 cups plus 1 tablespoon water, divided  
1 tablespoon fish sauce (nam pla)  
2 cloves garlic, thinly sliced  
2 slices (1/8 inch) fresh ginger  
1 tablespoon cornstarch  
6 Banh Mi or soft hoagie rolls (each 5 inches long), split  
6 tablespoons reduced-fat or regular mayonnaise  
Thinly sliced cucumber, thinly sliced jalapeño peppers and fresh cilantro leaves (optional)



2.75  
Hours



6  
Servings



42 Cal



29g  
Protein

### COOKING

1. Combine carrots and radishes in large bowl; set aside. Heat rice vinegar and 1/4 cup brown sugar in small saucepan over medium heat 1 to 3 minutes or until sugar dissolves, stirring occasionally. Pour over vegetables. Cover and refrigerate until ready to serve.
2. Preheat oven to 325°F. Combine beef Cross Rib Roast, 1-1/2 cups water, remaining 1 tablespoon brown sugar, fish sauce, garlic and ginger in stockpot over medium heat stirring constantly until sugar dissolves; bring to a boil. Reduce heat; cover tightly. Continue cooking in 325°F oven 1-3/4 to 2-1/4 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Measure 1-1/4 cups cooking liquid; discard remaining liquid. Return reserved cooking liquid to stockpot. Dissolve cornstarch in remaining 1 tablespoon water; stir into cooking liquid. Bring to a boil; cook 1 to 2 minutes or until sauce is thickened, stirring occasionally. Return beef to cooking liquid; cook additional 1 to 2 minutes or until heated through, stirring occasionally.
4. Strain vegetables from rice vinegar mixture; discard liquid. Slightly hollow out centers of split rolls. Spread 1 tablespoon mayonnaise on top and bottoms of each roll. Evenly fill each roll with beef and vegetables. Garnish with toppings, as desired.

# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		15g	66mg		43g	29g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com