

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

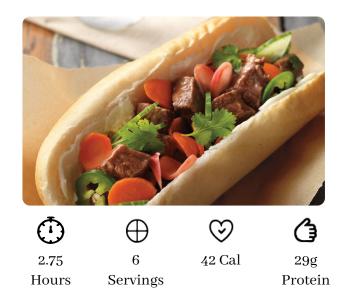
1 tablespoon cornstarch

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)



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 $325^{\circ}F$. 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 $325^{\circ}F$ 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	GLUTEN FREE	ALL NATURAL
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.

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