

## Beef French Dip With Au Jus

Slow-cooked beef Brisket Flat Half has never tasted so good. Sliced thin and stacked on a hoagie roll, you almost don't need the au jus. Almost.

## INGREDIENTS

3 pounds beef Brisket Flat Half  
 2 tablespoons vegetable oil  
 2 large sweet onions, cut into 1/4-inch slices  
 2 cups reduced-sodium beef broth  
 2 tablespoons reduced-sodium soy sauce  
 1 package (1-1/4 ounces) dry onion soup mix  
 1 teaspoon minced garlic  
 8 to 10 French rolls, split, toasted  
 Sliced provolone or Swiss cheese (optional)



4.00  
Hours



10  
Servings



42 Cal



18g  
Protein

## COOKING

1. Cut beef Brisket Flat Half into 3 to 4 pieces. Heat oil in stockpot over medium heat until hot. Place beef brisket in stockpot; brown pieces evenly. Remove brisket from stockpot; set aside.
2. Add onions to stockpot; cook on low heat 18 to 22 minutes until lightly caramelized, stirring occasionally. Add broth, soy sauce, soup mix and garlic. Return brisket to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork-tender.
3. Remove brisket; keep warm. Skim fat from cooking liquid. Carve brisket against the grain into very thin slices. Divide brisket evenly among rolls and top with prepared onions. Top with cheese, as desired. Close sandwiches.
4. Serve sandwiches with cooking liquid on the side for dipping.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
10		10g	39mg		28g	18g	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