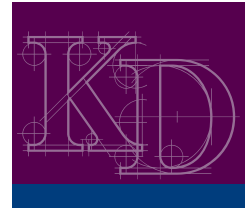


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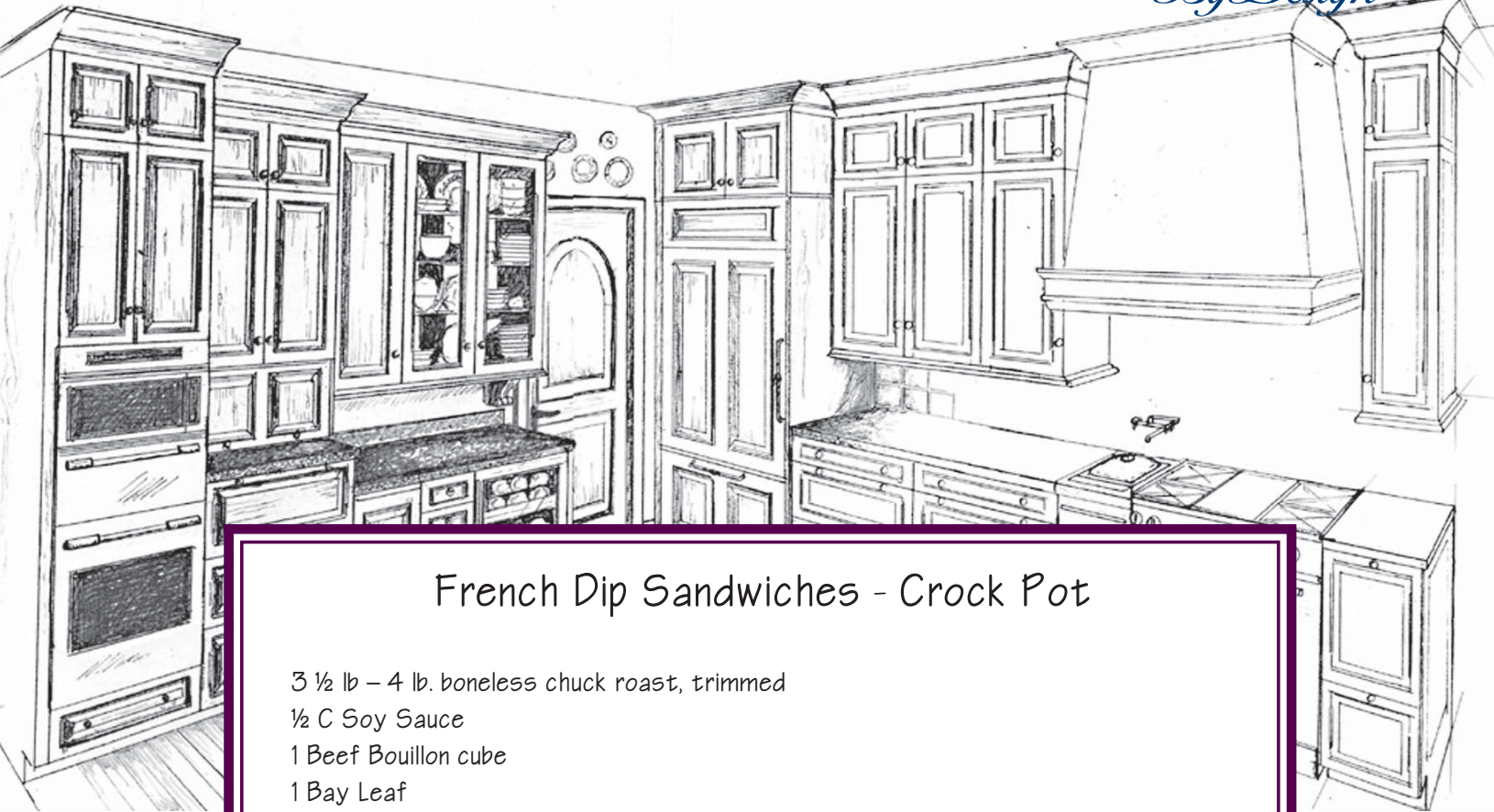
WENDY MAYES, CKD, ASID

# Professional Designers, Avid Cooks

... a winning combination!



JAN PARKER'S KITCHENS *By Design* L.L.C.



## French Dip Sandwiches - Crock Pot

3 ½ lb – 4 lb. boneless chuck roast, trimmed  
½ C Soy Sauce  
1 Beef Bouillon cube  
1 Bay Leaf  
3-4 peppercorns  
1 tsp dried crushed rosemary  
1 tsp dried thyme  
1 tsp garlic powder

12 French Sandwich Rolls or Hoagie Buns, split

Place roast in 5-qt slow cooker. Combine soy sauce and next six ingredients and pour over roast. Add water until roast is almost covered. Cook on low for 7 hours. Shred meat with fork, place in rolls, and serve with broth for dipping.

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