

French Dip Au Jus

Yield: 5 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-bones-recipe-south-africa>

Ingredients:

- 1 boneless beef roast 3- to 4-pound, top round or rump
- 3 tablespoons olive oil
- kosher salt
- cracked black pepper Freshly
- 4 pounds beef bones meaty, I used back ribs
- 2 tablespoons canola oil
- 1 cup dry red wine
- 2 1/2 cups low sodium beef stock
- kosher salt
- freshly ground black pepper
- 6 French sandwich rolls split in half horizontally, although I prefer bolillo rolls
- 4 tablespoons butter softened
- 10 slices provolone cheese
- mustard Spicy, for serving, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 65 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 17 grams
8. Sodium: 1560 milligrams
9. Sugar: 2 grams

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