

Chicago-Style Italian Beef Sandwich

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-sandwich-recipe-with-eye-of-round>

Ingredients:

- 1 beef rump bottom round, or top round roast, 2-3 pounds
- 1 tablespoon oregano
- salt to taste
- 4 cloves garlic peeled
- 2 tablespoons olive oil divided
- 4 green peppers
- 1 jar peppers Mmlocal hot high desert
- 1/2 pint giardiniera from the olive bar
- 1 cup water
- 1 teaspoon instant yeast
- 1 teaspoon sugar
- 1/2 cup semolina flour
- 2 cups all purpose flour
- 1 teaspoon salt
- 1 tablespoon butter softened
- olive oil for drizzling

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 10 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 810 milligrams
9. Sugar: 3 grams

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