

Roasted and Shredded Beef Sandwiches

Yield: 12 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-shoulder-roast-recipe>

Ingredients:

- 3 pounds shoulder roast beef chuck, cut into 1 pound pieces
- 4 cups low sodium beef broth
- 1 head garlic cloves smashed and peeled
- 1 leaf Italian parsley and stems
- 1 slice red onion
- 3 sage leaves fresh
- 1 1/2 tablespoons fresh thyme leaves and a few fresh stems as well
- sea salt
- ground black pepper
- 1/2 cup mayonnaise
- 2 tablespoons prepared horseradish
- 1 tablespoon chives chopped
- 1 tablespoon chopped parsley
- 1 pinch salt and fresh ground pepper to taste
- brioche buns
- red onion
- 1 slice Dijon mustard

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 75 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 9 grams
8. Sodium: 430 milligrams

9. Sugar: 2 grams

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