

Chicago Style Italian Beef Slow Cooker Sandwich

Yield: 12 min
Total Time: 380 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chicago-italian-beef-in-crock-pot>

Ingredients:

- 1 boneless beef roast about 3 pounds with most of the fat trimmed off
- 1 teaspoon ground black pepper or more, according to taste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon crushed red pepper red pepper flakes
- 2 garlic cloves minced
- 2 onions sliced
- 6 cups hot water
- 4 cubes beef bouillon or no water and 6 cups of beef broth
- hard rolls
- hoagie rolls
- 1 green bell pepper medium-sized
- 1 onion medium, sliced
- 1 tablespoon olive oil
- pepperoncini peppers optional

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 6 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 35 milligrams
7. Sugar: 2 grams

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