

# French Dip Sandwich

Yield: 4 min

Total Time: 505 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-dip-sandwich-recipe>

## Ingredients:

- 4 tablespoons olive oil separated
- 2 1/2 pounds beef chuck roast Note 1
- fine sea salt
- pepper
- 2 yellow onions small, very thinly sliced
- 1 tablespoon beef bouillon powder
- 2 teaspoons garlic powder each:, onion powder
- 1/4 teaspoon dried thyme
- 1/4 cup Worcestershire sauce Note 2
- 2 cups beef broth Note 3
- 1 bay leaf optional
- 1 slice provolone or shredded gruyere cheese, for serving, Note 4

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 190 milligrams
4. Fat: 67 grams
5. Fiber: 2 grams
6. Protein: 58 grams
7. SaturatedFat: 23 grams
8. Sodium: 1010 milligrams
9. Sugar: 4 grams

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