

Chicago Italian Beef Sandwich

Yield: 10 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/worlds-best-chicago-italian-beff-sandwich-recipe>

Ingredients:

- 1 boneless beef roast sirloin or round, about 3 pounds with most of the fat trimmed off
- 1 tablespoon ground black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon crushed red pepper
- 6 cups hot water
- 4 cubes beef bouillon yes, bouillon, see the explanation below *
- 10 rolls soft, fluffy, high gluten, sliced lengthwise but hinged on one side or Italian bread loaves cut widthwise into 10 portions, G...
- 3 green bell peppers medium sized
- 1 tablespoon olive oil approximately

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 22 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 190 milligrams
8. Sugar: 4 grams

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