

Sweet Onion & Pepper Beef Sandwiches with Au Jus

9 HRS 15 MIN	10 SERVINGS	400 CAL	41 G PROTEIN
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 **Total Time: 9 hrs 15 min**

Ingredients:

- ☐ 3 to 3-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2 inch pieces
- ☐ 2 medium sweet onions, cut into 1/2-inch wedges
- ☐ 2 red bell pepper, cut lengthwise into 1-inch wide strips
- ☐ 1 cup reduced-sodium beef broth
- ☐ 1/3 cup reduced-sodium soy sauce
- ☐ 1/2 cup no-salt added tomato paste
- ☐ 2 tablespoons minced garlic
- ☐ 8 to 10 French bread rolls, split, warmed

Toppings:

- ☐ Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives (optional)



Cooking:

- 1 Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Skim fat from cooking liquid, if necessary.
- 2 Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.

Alternate Cooking Method:

- 1 This recipe can be made in a 6-quart electric pressure cooker. In small bowl add 1/2 cup broth, soy sauce and tomato paste; mix well. Place onions in pressure cooker; top with beef Stew Meat, onions, peppers, broth mixture and garlic. Close and lock pressure cooker lid. Use beef, stew or high-

pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Test Kitchen Tips

Avoid lifting the lid of your cooking vessel, which releases valuable heat and moisture and can significantly increase the cooking time.

