

# Crock Pot French Dip

At this time of year, everyone is trying to hang on to at least a shred of the New Year's resolution that they made only a couple weeks ago. This recipe is a great one to help— you can eat healthier and save money by making French dip. You don't need a lot of meat on your sandwiches and you get to savor so much of the flavor by using the cooking liquid as the au jus. Plus, you don't need to add extra condiments, cheese, oil or any other typical sandwich toppings that just add fat and calories anyway. (You can also make a great salad and top it with the leftover meat as a second meal!)

This meal was inspired by my friend T.D.H. who made these sandwiches for her family last week. I altered her recipe a little, but I appreciated her recommendation. Thank you! I hope you enjoy these crock pot French dip sandwiches so much that you share it with your friends, too. ☐

1.5-2 lb. London Broil, trimmed  
32 oz. beef stock (I use low-sodium)  
1/4 c. soy sauce (again, low-sodium)  
1/2 medium yellow onion, quartered  
3 cloves garlic, smashed  
1 t. celery seed  
1/2 t. thyme  
1/2 t. rosemary  
2 bay leaves, whole  
1 t. whole black peppercorns

Serve on 4-6 crusty french rolls

Heat a flat skillet with 1 T. olive oil in it. Sear your London Broil on both sides, but do not cook meat through. Put all other ingredients in the crock pot and then delicately place the meat in. Cook on high for 3 hours. Remove meat, slice across the grain, then put the meat back in the crock pot for an additional hour. Serve meat on warmed, crusty french rolls. Remove bay leaves from the crock pot and discard. Either drain the remaining liquid through a cheese cloth- or be lazy like me... I used a ladle and removed 1/2 c. of the liquid for each sandwich and served it in a ramekin. So what if some rosemary or thyme comes along for the ride, it just adds more flavor!