

French Dip Sandwiches

Serves: 6

Ingredients:

- Skinless chicken breasts (~20 oz raw chicken; 3 oz/serving) or
- Eye of round beef roast, sliced (~24 oz raw beef; 4 oz/serving)
- ½ large onion, diced
- 2 tsp butter
- 2 cups chicken or beef broth (low sodium ~ 140 mg)
- 1 Tbsp Worcestershire sauce (low sodium)
- 2 Tbsp cornstarch
- 1 Tbsp minced garlic
- 1 tsp parsley
- ½ tsp black pepper
- ¼ tsp thyme (omit with beef recipe)
- *On serving day: 6 slices cheese (such as: Swiss, Havarti, etc.) + 6 hoagie rolls*



Instructions:

1. In a gallon-size freezer bag, place fresh or frozen chicken breasts; or eye of round beef roast.
2. Add remaining ingredients – onion, butter, chicken/beef broth, Worcestershire, cornstarch, garlic, parsley, pepper, and thyme – to the bag with the chicken/beef.
3. Try to remove excess air when tightly sealing the freezer bag. To prevent spills, you can double bag your meal.

Make it now:

Add to either the instant pot or crockpot and cook as directed below.

Make it a freezer meal:

Seal bag or container, removing as much air as possible and freeze for 3-6 months.

Cook in Instant Pot:

- FROM FROZEN: Add content to Instant Pot. Sauté for 5 minutes or until you have about ¼-cup liquids. Cook for 30 minutes at high pressure, and then allow 10 minutes for natural release.
- FROM THAWED FOR FRESHLY MADE: Transfer to Instant Pot. Cook for 28 minutes at high pressure, and then allow 10 minutes for natural release.

Cook in Crockpot:

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low for 6-7 hours.

To Serve:

Shred chicken/beef. Toast hoagie rolls under broiler until golden. Place some shredded chicken/beef on hoagie bottom, and top with slice of cheese. Spoon out some of the liquids left in crockpot to use as “jus.” Serve jus in a small bowl on the side of sandwich for dipping.

Freezer Meal – Chicken French Dip Sandwich (includes bun and cheese)

Nutrition Facts

Servings 6.0

Amount Per Serving -1 sandwich

calories 361

% Daily Value *

Total Fat 7 g	11 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 633 mg	26 %
Potassium 237 mg	7 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 1 g	6 %
Sugars 3 g	
Protein 35 g	69 %
Vitamin A	2 %
Vitamin C	3 %
Calcium	14 %
Iron	10 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Freezer Meal – Beef French Dip Sandwich (includes bun and cheese)

Nutrition Facts

Servings 6.0

Amount Per Serving -1 sandwich

calories 401

% Daily Value *

Total Fat 12 g	19 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 51 mg	17 %
Sodium 644 mg	27 %
Potassium 47 mg	1 %
Total	
Carbohydrate 37 g	12 %
 Dietary Fiber 1 g	6 %
 Sugars 3 g	
Protein 33 g	65 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	16 %
Iron	20 %

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