

# Slow Cooked Italian Beef by Lynn's Recipes

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A really simple, great beef dish to shred and make sandwiches. This has a really great taste and is something that can be made ahead.

## Ingredients:

- 1 (3-5 pound) beef roast
- 1 can low sodium beef broth
- 1 teaspoon salt (I omitted this -- there is plenty of salt in the Italian Dressing Mix, but if you like your food a little saltier, you may want to add the salt)
- 1 teaspoon fresh cracked black pepper
- 1 teaspoon dried oregano
- 1 teaspoon basil
- 1 teaspoon onion powder
- 1 teaspoon parsley
- 1 teaspoon garlic powder
- 1 bay leaf
- 2 packages of Good Seasons Italian Dressing Mix

Combine roast, beef broth and seasonings in a slow cooker. Cook on low 10-12 hours or high 5-6 hours, until meat is tender and shreds easily. When it's done, remove the bay leaf, shred meat with fork and place back into juices in slow cooker. Place meat in hoagie buns with mayonnaise, if desired, mozzarella cheese or provolone cheese. You can add peppers, onions, tomato, etc. if desired to sandwich.

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