

# *Italian Roast Beef Sandwiches*

## *Details*

Cooking Time:	360 Minutes
Recipes Makes:	8 Servings
Calories:	553
Carbs:	16 Grams
Fat:	37 Grams
Protein:	36 Grams



## *Ingredients*

- 2.3 pounds beef chuck roast
- 3 (1 ounce) packages dry Italian salad dressing mix -  
or actual Italian Dressing
- 1 cup water
- (16 ounce) peppers
- 8 Hamburger Buns / Hoagie Rolls

## *Directions*

Place the roast into a slow cooker, and season with Italian dressing mix. Pour in the water. Cover, and cook on High for 6 to 7 hours. During the last hour, shred the meat with two forks - if it does not shred easily, cook longer. Add the peppers, and as much of the juice as you like for additional flavor. Serve on buns.