

## **Slowcooker Italian Beef Sandwiches**

2.5 lb. boneless beef roast (preferably one that is lean and without a ton of fat, as you don't want your broth and beef to be greasy)

a little olive oil

4 cloves garlic, minced

2 cups beef broth

2.5 tsp. dried oregano

1.5 tsp. dried basil

2 bay leaves

1 tsp. dried parsley

1/2 tsp. onion powder

1/4 tsp. thyme

2 tsp. Worcestershire sauce

kosher salt and fresh pepper

rolls and giardiniera for serving

Season the roast liberally with kosher salt and pepper. Add a little olive oil to a large, heavy bottomed skillet and heat it over medium to medium-high heat. Add the roast and brown on all sides. Remove and place in the slowcooker.

To the pan, add the garlic and stir just until fragrant - about 30 seconds. Add the broth, herbs, Worcestershire, a little salt if necessary (depending how salty your broth is) and some freshly ground pepper (about 1/2 tsp). Scrape all the browned bits off the bottom of the pan, and then pour the mixture over the roast in the slowcooker. Cook on low for about 4 hours (or longer). Slice and then place back in the juices for another half hour or so.

Serve on Italian rolls, topped with hot (or sweet) peppers.