

# French Dip Sandwich

**Yield:** 24 servings

Ingredients	Measure		Nutrition per Serving	
	24			
Water	1 quart		Calories	270
<b>Med-Diet® Low Sodium Beef Soup Base</b>	2 oz (1/3 cup)		Total Fat g	6
Shredded cooked lean beef roast	4½ lb (9 cups)		Saturated Fat g	2
Low-sodium sandwich rolls (2 oz each), split	24		Cholesterol mg	50
			Sodium mg	170
			Carbohydrate g	30
			Fiber g	1
			Sugar g	2
			Protein g	29

## Preparation

1. In large pan, whisk together water and soup base until blended. Add roast beef. Cook over low heat until beef is heated thoroughly. With slotted spoon, transfer 3 oz beef to each roll.
2. Heat sauce in pan until 165°F. Serve 1/4-cup sauce portion alongside each sandwich.

## Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	K9196