

Hot Beef Sandwich

Yield: 24 servings

Ingredients	Measure		Nutrition per Serving (without gravy)	
		24		
Water	1 quart		Calories	270
Med-Diet® Low Sodium Beef Soup Base	2 oz (1/3 cup)		Total Fat g	6
Shredded cooked lean roast beef	4½ lb (9 cups)		Saturated Fat g	2
Low-sodium sandwich rolls (2 oz each), split	24		Cholesterol mg	50
Med-Diet® Low Sodium Brown Gravy Mix	as desired		Sodium mg	170
			Carbohydrate g	30
			Fiber g	1
			Sugar g	2
			Protein g	29

Preparation

1. In large pan, whisk together 1 quart water and the soup base until blended. Add beef. Cook over low heat until beef is heated thoroughly.
2. Meanwhile, in separate saucepan, whisk together cold water and gravy mix according to package directions until blended. Cook until thickened and 165°F.
3. With slotted spoon, transfer 3 oz beef to each roll. Serve gravy portioned alongside each sandwich.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	K9196
Med-Diet® Low Sodium Brown Gravy Mix	6 – 14 oz	6 gal	K9152