

Monday: Crock Pot Italian Beef Sandwiches

Serves 6



Ingredients:

- 3lb chuck roast, trimmed of visible fat then cut into 4-6 pieces
- .7 - .9oz envelope gluten free Italian salad dressing mix
- 8oz gluten free pepperoncini pepper slices, Mezzetta recommended, plus extra for serving
- 8oz gluten free Chicago-Style Giardiniera, Mezzetta recommended, drained, plus extra for serving
- 1-3/4 cups gluten free beef stock or broth
- 6 - 12 slices provolone cheese, optional
- 6 - 8 gluten free hoagie buns / sandwich rolls

Directions:

1. Place the chuck roast pieces into the bottom of a [6 quart crock pot](#) then sprinkle the Italian salad dressing mix on top. Add the pepperoncini peppers plus a splash of juice from the jar, the drained Chicag-Style Giardiniera, and beef broth then lift up the pieces of chuck roast to get broth underneath. Cook on LOW for 9 hours or until the meat shreds easily with two forks. Shred the meat then add back into the crock pot and cook in the juices on LOW for 1 more hour. Recipe can be made up to 4 or 5 days ahead of time.
2. Split the buns/rolls in half then place on a half sheet pan and toast under the broiler. Use tongs to scoop some of the shredded meat onto the toasted buns then top with 1 or two slices of provolone cheese (optional) and return to the broiler to melt. Top with additional pepperoncini pepper slices and Chicago-Style Giardiniera, if desired, then serve.

3. [Watch how to make this on YouTube!](#)



Recipe Notes:

- Chicago-Style Giardiniera is a mix of chopped pickled vegetables and olives packed in oil — this is different than Italian-Style which is chopped pickled vegetables packed in vinegar.
- Be sure to toast the gluten free buns under the broiler before placing the shredded meat on top or they can become crumbly and soggy.
- Skip the buns! If you'd prefer to skip buns altogether the Italian beef is delicious all on its own, topped with cheese or not.
- To make ahead: feel free to slow cook the Italian Beef up to five days ahead of time. Reheat in the microwave or in a pot over medium heat on the stove.
- To freeze: leftover Italian beef freezes beautifully. Cool the shredded beef to room temperature then scoop into a gallon-size Ziplock freezer bag and freeze flat. Thaw in the refrigerator then re-heat in the microwave or in a pot over medium heat on the stove.

Side Dish Suggestions:

- This hearty meal benefits from a fresh side. I recommend a big salad with shredded carrots, chopped cucumbers, and tomatoes with your favorite dressing.
- [Marinated Vegetable Salad](#)
- Your favorite frozen french fries or sweet potato fries. I like [Ore-Ida](#) or [Alexia](#) brands.

Product Recommendations:

- I like [Simply Organic Italian Salad Dressing Mix](#), or [Good Graces Italian Dressing Mix](#).
- I like [Canyon Bakehouse Gluten Free Sub Rolls](#) for these sandwiches.
- I recommend Mezzetta brand [Pepperoncini Pepper Slices](#) and [Chicago-Style Giardiniera](#).