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Roast Beef Sandwich Au Jus ♦♦

Roast Beef Sandwich Au Jus is a classic sandwich made with thinly sliced roast beef, served on a crusty roll and dipped in a flavorful au jus sauce. It is a popular dish in many delis and sandwich shops, and is often served with a side of fries or coleslaw. The sandwich is known for its rich and savory flavors, and is a perfect choice for meat lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Roast Beef
4 pieces	crusty rolls
2 c	beef broth
1 medium	onion

2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Thinly slice the onion and garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a skillet over medium heat. Add the sliced onion and garlic, and cook until softened and translucent, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Simmering

Add the beef broth to the skillet and bring to a simmer. Cook for 10 minutes to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Oven

Place the roast beef slices on a baking sheet and warm in the preheated oven for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Cutting

Slice the crusty rolls in half and place a generous amount of roast beef on the bottom half of each roll.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Dipping

Using tongs, dip each sandwich in the au jus sauce, making sure to coat the bread and beef well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the sandwiches with the remaining au jus sauce on the side for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 15 g

Protein: 40 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Cut

Serving

Difficulty Level

Easy

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