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French Dip ♦

The French Dip is a classic American sandwich consisting of thinly sliced roast beef on a baguette, served with au jus for dipping. It originated in Los Angeles in the early 20th century and has since become a popular comfort food. The sandwich is typically served warm and is often accompanied by a side of fries or coleslaw.

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

400 g	Roast Beef
300 g	baguette
500 ml	beef broth
100 g	onion

2
cloves garlic

2 tbsp olive oil

4 slices provolone cheese

Directions

Step 1

Sautéing

Heat olive oil in a pan over medium heat. Add sliced onions and minced garlic. Cook until onions are caramelized.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Boiling

In a separate pot, heat beef broth until simmering.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Oven

Slice the baguette lengthwise and toast it in the oven until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Cutting

Thinly slice the roast beef.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Assembly

Assemble the sandwiches by layering the roast beef, caramelized onions, and provolone cheese on the toasted baguette.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the sandwiches with a side of au jus for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 18 g

Protein: 32 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	32 g	188.24%	188.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	25 mg	312.5%	138.89%
Potassium	400 mg	11.76%	15.38%
Zinc	35 mg	318.18%	437.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

French

Meal Type

Lunch

Dinner

Snack

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

Difficulty Level

Easy

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