

French Dip

Servings: 2-4

Adapted from Southern Living OCTOBER 1997

Ingredients

1 lb London broil, trimmed
1/8 cup reduced-sodium soy sauce
1 beef bouillon cube
1 bay leaf
1/2 teaspoon pepper
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon dried thyme
1/2 teaspoon garlic powder
French bread, cut into slices and toasted

Preparation

- 1) Place London broil in a 5-quart slow cooker. Combine soy sauce and next 6 ingredients; pour over meat. Add water to slow cooker until London broil is almost covered.
- 2) Cook, covered, on low 7 hours or until very tender. Remove meat, reserving broth, and shred with a fork. Place meat between sliced bread and serve with reserved broth for dipping.

Cucumber and Tomato Salad

Servings: 2

Ingredients

1 tablespoon balsamic vinegar
1 1/2 tablespoons extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried oregano
1 cucumber, diced
1/2 pint of grape tomatoes, halved

Preparation

- 1) Mix olive oil and balsamic vinegar with a whisk. Stir in oregano, salt and pepper.
- 2) Combine cucumber and tomatoes. Drizzle with dressing and stir to coat. Refrigerate until ready to serve.