

**Seasonal Eating**  
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**Treat Dad with Roasted Beef Sandwiches**

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Manly food. When I think of meals for men, I think of hearty meats, grilling or roasting, robust flavors and casual dishes. Roasted Beef Sandwiches piled with sautéed peppers and onions fits the bill perfectly. While this dish is good anytime of year, it's a great meal for celebrating Father's Day.

Eye of round roast is a very lean cut of beef and can be very tough if not handled correctly. First tip is not to overcook it. We just want it medium rare to medium which means we want to take it out of the oven at about 135 degrees F. and let it rest and rise to 145. An instant read thermometer is perfect to test the center of the roast. Second tip is to slice this very thinly against the grain. Muscle fibers tend to run in one direction and on eye of round or a flank steak it is very obvious which way the fibers run. Cut across, not with, the length and this will help break up the fibers and make it tender to eat.



I always like to season the outside of a roast with plenty of salt and pepper along with some spices and herbs. Here we are going to use a wet rub, moistened with a little oil. However, we don't want to sear the outside with the rub on it or the spices will burn. So sear the meat first and then add the wet rub over the outside before roasting. You'll need to use a spoon or spatula as the meat will be hot at this point or if it is cooled enough you can use your hand to smear it all over, just be careful.

The crowning jewel of these sandwiches is the topping of sautéed onions and peppers with a little balsamic vinegar. They cook down until softened and full of flavor. You may need to add a little water to the pan occasionally to keep them from sticking before they are fully softened but cook this liquid down before using to top your sandwiches. These peppers work well on hot dogs or over chicken as well.

So treat Dad and the family to a meaty, flavorful sandwich with your favorite picnic sides. For more recipes and information about seasonal eating, visit the Bedford County Extension website ([bedford.tennessee.edu](http://bedford.tennessee.edu)).

**Roasted Beef Sandwiches**

- 1/4 teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- 2 teaspoons dried thyme
- 2 teaspoons dried parsley
- 2 teaspoons dried minced onion
- 1 teaspoon garlic powder

1 teaspoon kosher salt  
3 tablespoons vegetable oil, divided  
2.5 pounds eye of round roast  
1 onion, cut in half and sliced  
2 green bell peppers, sliced  
1 tablespoon olive oil  
1 tablespoon tomato paste  
1 tablespoon balsamic vinegar  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 cup beef broth  
6 crusty French steak rolls  
Butter  
Dijon style mustard

In a small bowl, combine black pepper, paprika, dry mustard, thyme, parsley, dried minced onion, garlic powder, kosher salt, and 2 tablespoons vegetable oil. Mix together until well combined and set aside. Heat about 1 tablespoon vegetable oil in a large skillet until hot. Add the roast and brown on all sides. Remove roast to a rack in a roasting pan. With a spoon or spatula, rub the spice mixture onto all sides of the meat. Roast at 325 degrees until internal temperature of 135 degrees is reached, about 1 1/2 hours.

While the roast is in oven, add onion and peppers to the same pan the roast was browned in. Add olive oil, tomato paste, balsamic vinegar, salt, black pepper and beef stock. Stir peppers and onions to evenly distribute ingredients. Bring liquid to a boil, then lower to a simmer. Let peppers and onions simmer on low heat for 45 minutes or so until softened and cooked down, stirring occasionally. Add a small amount of water to prevent burning, if necessary.

When the roast is done, let stand covered with foil for 10 minutes and then slice very thinly. Cut buns in half and spread with a little butter. Place buttered side down in a skillet or on a griddle over medium heat until browned. Remove and pile with beef and some vegetable mixture, adding a little mustard, if desired.