



CLIMBING STUMP FARM

Italian Beef Sandwiches

3 to 4 pound chuck or arm roast
2 medium onions, chopped
2 cloves garlic
1/2 tsp. each basil, thyme, oregano, parsley
1 Tbsp. kosher salt
1/2 tsp. freshly ground pepper
1 cup tomato juice or V8 (my preference)
1/4 cup balsamic vinegar
Water, beef or vegetable broth

Trim beef and cut into large pieces. Put all ingredients in a slow cooker. Cook on high for six hours or until beef pulls apart easily. Adjust seasonings to taste.

Serve on hard rolls or ciabatta bread with lots of juice. Sliced provolone and Giardiniera are good condiments.

Or, try Anne Burrell's [focaccia](#) as an alternative.