

Beef BBQ Sandwich

1 TBSP whole wheat flour
1/4 tsp garlic powder
1/8 tsp onion powder
1 lb top round roast or steak, (extra lean, cut into 3/4 inch cubes)
Olive Oil spray
3/4 cup no fat / low sodium chicken or beef broth
2 tbsp liquid smoke
1/3 cup barbecue sauce
I made my own: 1/3 cup ketchup, 1/2 tsp. jalapeno hot sauce, Garlic
1 cup white onion strips
4 whole grain wheat hamburger buns



Instructions:

One: in a medium plastic bag, combine flour, garlic powder, onion powder. Add beef and shake bag until beef is evenly coated. Refrigerate beef for at least 15 minutes.

Two: Preheat a medium, non stick saucepan over medium-high heat. When it's hot, lightly mist pan with spray, then add beef. Brown beef on all sides, about 1 minute per side, then reduce heat to medium. Add broth and liquid smoke. When liquid comes to a boil reduce heat to low. Cover and cook beef, stirring occasionally, for 1 to 1 1/2 hours or until it's very tender (pieces should easily fall apart when smashed with a fork.) (I had to keep adding chicken broth due to my gas stove. be sure to keep liquid on beef to simmer.)

Using a slotted spoon, drain any excess liquid from beef and transfer the liquid to a medium bowl. Using a fork, separate pieces of beef is somewhat shredded them mix in barbecue sauce.

Three - During the last 5 minutes of cooking the beef, lightly mist a small nonstick frying pan with spray and place it over medium heat. Add onion strips and cook until tender about 5 minutes.

Four Meanwhile, place bun halves, inside down in a medium, nonstick fryingpan over medium heat. Cook until just toasted, about 2 -4 minutes. Place 1/4 of beef mixture onto each bun. Top with 1/4 of onion strips . Add bun tops. Serve immediately.

Nutrients per serving: Calories:

Cals - 266

Fat - 6 gr

Carbs - 31gr

Fiber - 4gr

Sugar - 6gr

Protein - 29gr

Sodium - 585mg

Cholesterol - 50mg