

Slow and Easy

If you've got time but don't want to be bothered with stirring a stockpot, try these recipes. Or, if you need a stay-at-home chef to have supper ready when you come home, look no further. Simply fill up the slow cooker, plug it in, and head to the office. *Jodi Jackson Loe*

fork. Place roast in rolls, and serve with reserved broth for dipping.

Yield: 12 servings.

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FRENCH DIP SANDWICHES

**1 (3½- to 4-pound) boneless
chuck roast, trimmed**

½ cup soy sauce

1 beef bouillon cube

1 bay leaf

3 to 4 peppercorns

**1 teaspoon dried rosemary,
crushed**

1 teaspoon dried thyme

1 teaspoon garlic powder

12 French sandwich rolls, split

• **Place** trimmed roast in a 5-quart slow cooker. Combine soy sauce and next 6 ingredients; pour over roast. Add water to slow cooker until roast is almost covered.

• **Cook**, covered, on LOW 7 hours or until very tender. Remove roast, reserving broth; shred roast with a