

U of I's own Vandal beef represents Thanksgiving with exploding flavor and a balance of cranberry, creamy brie cheese, and avocado to become the perfect sweet and savory sandwich. Our Toasted Vandal Cranberry Beef Sandwich is filled with Vandal pride and holiday atmosphere. This is the right dish for Vandals to enjoy their Thanksgiving leftovers in a fun, creative way.

Total Servings - 5 servings

Serving Size - 299 g

Dietary Considerations - N/A

Ingredients for Toasted Vandal Cranberry Sandwich

Beef Roast

- 2 pounds Beef, bottom round roast
- 6 tablespoons Balsamic vinegar
- 4 tablespoons Honey
- 3 small cloves (or 2 large cloves) Garlic, fresh, minced
- 4 tablespoons Cranberry juice, sweetened
- 3 tablespoons Cranberry sauce, jellied, canned
- 3 tablespoons Olive oil, extra-virgin
- 1 teaspoon Salt
- 0.5 teaspoon Pepper

Cranberry Reduction Sauce

- 1 1/2 cups Cranberry juice, sweetened
- 1/3 cup Cranberry sauce, jellied, canned
- 2 1/2 tbsp Sugar, white
- 1/8 teaspoon Cinnamon

Sandwich

- 5 slices Sourdough bread
- 4 oz Cream cheese
- 1 oz Brie, creamy
- 1 Avocado, fresh
- 1/8 teaspoon Cinnamon

Directions for Beef Roast

- STEP 1** Mix all ingredients for marinade in a bowl and pour into a gallon Ziploc bag
- STEP 2** Marinade the roast overnight in a gallon Ziploc bag
- STEP 3** Cook roast with marinade in an instant pot on high for approximately 1 hour until fork tender
- STEP 4** Shred roast by hand

Directions for Cranberry Reduction Sauce

- STEP 1** Pour all ingredients into a saucepan
- STEP 2** Cook ingredients together until simmering on medium (DO NOT BOIL)
- STEP 3** Simmer for at least 5 minutes until sauce slightly thickens
- STEP 4** Keep warm to mix with cream cheese

Directions for Sandwich

- STEP 1** Spread cream cheese spread on both pieces of bread and place 2 ounces of shredded beef roast on one piece of bread
- STEP 2** Spread the other piece of bread with creamy brie cheese
- STEP 3** Toast both pieces of bread face up in the salamander (or in the oven on broil if at home) until cheese melts
- STEP 4** Remove from salamander (or oven) and add diced avocado on top of beef
- STEP 5** Place sandwich together and toast until golden brown
- STEP 6** Remove from salamander (or oven), flip the sandwich over, and toast other side until golden brown
- STEP 7** Drizzle bottom of plate with cranberry reduction sauce and place sandwiches on top of the sauce
- STEP 8** Sprinkle cinnamon over the sandwiches and plate for presentation

Nutritional Data for Toasted Vandal Cranberry Beef Sandwich

Calories 583
Total fat 28g (44%)
Saturated fat 12g (60%)
Trans fat 0g
Cholesterol 95mg (32%)
Sodium 470mg (20%)
Total Carbohydrates 53g (19%)
Dietary Fiber 4g (14%)
Total Sugars 22g
Protein 28g (65%)
Vitamin D 0mcg (1%)
Calcium 273mg (27%)
Iron 3mg (18%)
Potassium 385mg (8%)