

Slow-Cooked Beef And Mushroom Braciolo

An Italian favorite, this Flank Steak is rolled up with a savory mushroom mixture and slow cooked in crushed tomatoes.



INGREDIENTS

- 1 beef Flank Steak (1-1/2 to 2 pounds)
- 1 cup finely diced mushrooms
- 1/2 cup finely diced onion
- 1/2 cup grated Parmesan cheese
- 2 slices bacon or prosciutto, chopped (about 1 ounce)
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon Italian seasoning blend
- 1 teaspoon salt, divided
- 1 teaspoon pepper, divided
- 2 cups cooked polenta, warmed

6.00	6	42 Cal	30.8g
Hours	Servings		Protein

COOKING

1. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside.
2. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick.
3. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine.
4. Place tomatoes in slow cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add beef roll to sauce, turning once to coat. Cooked, covered, on HIGH 4 hours or on LOW 6 hours or until beef is tender.
5. Cut braciolo diagonally into 1/2" thick slices. Serve over pasta or polenta topped with sauce, as desired.
- 6.

This recipe can be made in a 6-quart electric pressure cooker. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine. Place tomatoes in pressure cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon

pepper and Italian seasoning. Add Bracirole to pressure cooker, turning once to coat. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 5. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		10.1g	75mg		28.6g	30.8g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com