

## STUFFED BEEF ROLLS



### BASIC RECIPE:

Beef (Round steak, shoulder, etc.) -sliced 1/8 inch thick - 2 lb.

1 Onion

1/2 Green Pepper

1/4 lb. bacon

Salt

Spices

5 Tbsp. Flour

2 Tbsp. Shortening

Slice onion, green pepper and bacon into strips. Take a slice of beef and flatten on board with mallet. Cover beef slices with onion, green pepper and bacon. Sprinkle with salt, pepper and paprika. Roll each beef slice tucking in ends and secure with one or more toothpicks. Dust outside of rolls with flour. Heat shortening in large pot and brown rolls on all sides thoroughly. Add water to cover and simmer 1-2 hours until tender.

Serves 4.

### ITALIAN BRACCIOLA

Add Parmesan cheese to filling and substitute oregano for paprika. Add one small can of tomato paste and a clove of garlic to water before simmering. Serve with spaghetti.

### FRENCH ROULADES

Add 1 cup red wine 10 minutes before serving. Serve with crisp french bread.

### GERMAN ROULADEN

Add bay leaf before simmering. Serve with potato dumplings.

### VEAL BIRDS

Substitute sliced veal for beef and add 1/2 pint sour cream to gravy before serving. Garnish with parsley and serve over noodles.

WJBC