
Flank Steak with Dressing

Marnie Kenyon - Mystic, CT

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

2 (3 to 4 pound total) flank steaks
salt (to taste)
pepper (to taste)
1 1/2 cups bulk sausage
2 apples, peeled and sliced
3 cups dried bread crumbs
2 tablespoons onion, minced
1/2 teaspoon salt
6 tablespoons fat
1 cup water

Trim the edges of the steaks. Sprinkle with salt and pepper to taste.

In a skillet, heat the sausage. Pour off the excess fat. Add the apples, crumbs, onion and salt.

Spread the dressing over the flank steak. Roll the steak up loosely and tie securely.

Brown the steak on all sides in fat in a pressure cooker. Add the water. Cover and cook at ten pounds of pressure for 45 minutes.

Cool the pan normally for 5 minutes, then place under the faucet. Thicken the juices for gravy.

Beef

Per Serving (excluding unknown items): 338 Calories; 30g Fat (80.9% calories from fat); 10g Protein; 6g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 448mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 5 Fat.