

# Herb-Stuffed Flank Steak

*Sue Jerzykowski - Hudson's Northland*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

*1 to 2 pounds beef flank  
steak  
2 tablespoons butter or  
margarine  
1/2 large onion, chopped  
3 cloves garlic, crushed  
1/2 cup fresh mushrooms,  
sliced  
1/4 cup pine nuts  
1/4 cup chopped fresh  
parsley  
1 1/2 cups soft bread cubes  
1/2 teaspoon dried basil  
leaves  
1/2 teaspoon dried oregano  
leaves  
salt (to taste)  
pepper (to taste)  
1 egg, slightly beaten  
2 tablespoons olive oil  
1 cup dry red wine*

Preheat the oven to 350 degrees.

Pound the steak on both sides with a meat mallet.

In a skillet, heat the butter. Cook the onion and garlic until browned, about 3 minutes. Add the mushrooms. Cook until lightly limp, about 3 minutes. Add the pine nuts, parsley, bread cubes, seasonings and egg. Mix all of the ingredients well.

Spread the mixture on the steak. Roll lengthwise, jelly roll style and tie with a string approximately every two inches.

In a large skillet, brown the meat on all sides in olive oil. Transfer the mixture to a baking dish. Add the wine. Cover.

Bake for two hours.

Cut into one-inch thick slices and serve with pan juices.

Per Serving (excluding unknown items): 928 Calories; 73g Fat (81.6% calories from fat); 17g Protein; 19g Carbohydrate; 4g Dietary Fiber; 274mg Cholesterol; 470mg Sodium. Exchanges: Grain(Starch); 2 Lean Meat; 13 Vegetable; 13 Fat.