
Mom`s Brociolla

Audrey Reifler - New York

North American Potpourri - Autism Directory Service, Inc1993

4 small, thin tender steaks
1 clove garlic
1 teaspoon salt
pepper
3/4 cup (hot) sausage meat
3 tablespoons parsley
2 tablespoons onion, chopped
flour
bacon fat
1 cup red wine
1 teaspoon tomato paste

Rub the steaks with the garlic. Season with salt and pepper. Spread a thin layer of sausage over each steak. Sprinkle with a little parsley and onion. Roll up the steak. Fasten with toothpicks.

Dredge the steak rolls in flour. In a skillet, brown the steak rolls in bacon fat for 5 minutes on each side. Add the wine and tomato paste.

Cover. Cook slowly for one hour and more.

Beef

Per Serving (excluding unknown items): 190 Calories; trace Fat (3.5% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2336mg Sodium. Exchanges: 1 Vegetable.