
Steak Roll

*Mrs Edwena Zurschmit - Canal Fulton, OH
Olde Family Favorites - Order of the Eastern Star -1965*

Servings: 6

2 1/2 pounds round steak
French dressing
1/2 cup dry bread crumbs
2 tablespoons butter
1 can whole-kernel corn
1 tablespoon onion, chopped
3 tablespoons celery, chopped
1 tablespoon green pepper, chopped
1/2 teaspoon salt
1 can mushroom soup
1/4 cup water

Pound both sides of the steak well. Pat the steak into a 11 x 15-inch pan.

Brush both sides of the steak with French dressing. Let stand for at least one hour.

In a skillet, brown the bread crumbs in butter. In a bowl, toss the bread crumbs with the corn, onion, celery, green pepper and salt.

Spread the stuffing on the steak. Roll up the steaks, securing with toothpicks. Brown the steaks in a large skillet with fat trimmed from the steak.

In a bowl, mix the soup and water. Pour the mixture over the steaks. Cover tightly. Simmer for two hours until tender, adding more water if necessary.

Remove the roll from the pan and make gravy from the drippings.

Beef

Per Serving (excluding unknown items): 454 Calories; 29g Fat (58.2% calories from fat); 38g Protein; 8g Carbohydrate; trace Dietary Fiber; 123mg Cholesterol; 539mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 2 1/2 Fat.