

# Beef Rouladen

*Trilby Wiedman*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

*beef round, sliced very thin*  
*grainy mustard*  
*1 stick dill pickle*  
*1 tablespoon chopped onion*  
*1/2 slice chopped bacon*

Take a slice of beef, lay flat on a cutting board..  
Spread a grainy mustard over the entire slice.

Add a dill pickle stick, some chopped onion and  
some chopped bacon.

Roll up the slice. Secure with a toothpick.

Place the rolls in a skillet pan. Dust with flour.

Brown the rolls in butter until brown.

Add 1/2 cup of water. Cover. Simmer for 45  
minutes. Thicken the juices.

Serve with potatoes.

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Per Serving (excluding unknown  
items): 15 Calories; trace Fat (7.0%  
calories from fat); 1g Protein; 4g  
Carbohydrate; 1g Dietary Fiber;  
0mg Cholesterol; 834mg Sodium.  
Exchanges: 1/2 Vegetable.