

---

# Rouladen

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**6 Rouladen slices (1/8 to 1/4 inch top round or sirloin tip)**

**salt**

**freshly ground pepper**

**10 to 12 teaspoons Dijon mustard**

**2 3/4 to 3 cups finely chopped onion**

**6 slices bacon, cut into small pieces**

**2 dill pickles (optional), chopped**

**2 cups beef stock**

**1/3 cup red wine**

**1/4 to 1/3 cup sour cream**

Place the pieces of meat on a flat surface. Sprinkle with salt and pepper. Spread each piece with approximately 1-3/4 to 2 teaspoons of mustard; then sprinkle each piece with three to four tablespoons of onion and one slice of bacon. If desired place a small amount of pickle on top of the bacon. Roll the beef top to bottom enclosing the filling. Tie each roll securely with string or a toothpick.

Heat the oil in the skillet. Add the remaining onions. Cook only until golden; then brown the beef rolls on all sides. Add the stock and wine. Cover and braise gently for 1-1/2 to 2 hours or until fork tender. Remove the meat from the pan.

To the broth, add the sour cream. Stir and cook for 3 to 5 minutes. Return the meat to the pan and heat together with the broth mixture.

Yield: 4 to 6 servings

## **Beef**

---

*Per Serving (excluding unknown items): 669 Calories; 38g Fat (56.2% calories from fat); 26g Protein; 41g Carbohydrate; 9g Dietary Fiber; 58mg Cholesterol; 6821mg Sodium. Exchanges: 2 1/2 Lean Meat; 4 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 1/2 Other Carbohydrates.*