

Slow-Cooked Beef and Mushroom Braciolo

6	6	330	31 G
HRS	SERVINGS	CAL	PROTEIN

 **Total Time: 6 hrs**

Ingredients:

- ☐ 1 beef Flank Steak (1-1/2 to 2 pounds)
- ☐ 1 cup finely diced mushrooms
- ☐ 1/2 cup finely diced onion
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 2 slices bacon or prosciutto, chopped (about 1 ounce)
- ☐ 1 can (28 ounces) crushed tomatoes
- ☐ 1 tablespoon Italian seasoning blend
- ☐ 1 teaspoon salt, divided
- ☐ 1 teaspoon pepper, divided
- ☐ 2 cups cooked polenta, warmed



Cooking:

- 1 Combine mushrooms, onion, cheese and bacon in medium bowl; set aside.
- 2 Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick.
Cook's Tip: For a larger flank steak, cut it in half horizontally. Pound the two halves, top evenly with mushroom mixture and roll up each to make two smaller, more manageable rolls.
- 3 Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine.
- 4 Place tomatoes in slow cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add beef roll to sauce, turning once to coat. Cooked, covered, on HIGH 4 hours or on LOW 6 hours or until beef is tender.
- 5 Cut braciolo diagonally into 1/2" thick slices. Serve over pasta or polenta topped with sauce, as desired.

Alternate Cooking Method:

- 1 This recipe can be made in a 6-quart electric pressure cooker. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine. Place tomatoes in pressure cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add Braciole to pressure cooker, turning once to coat. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 5. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

