

# Italian Braciolo

Author: Magazine recipe from 1960's



2 ea round steak, 1" thick, butterflied  
1 lb Italian sausage, hot or sweet  
1 ea onion, sliced, separated  
1 c herb-seasoned stuffing cubes, Pepperidge Farms

1 ea egg

1/4 c water

1 ea red bell pepper, strips

8 oz Mozzarella cheese, packaged, sliced (dry cookies)

Serving Ideas: Wonderful with corn casserole, garlic bread, green salad.

Suggested Wine: Italian red

Categories: Beef

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 246 Calories; 19g Fat (70.7% calories from fat); 14g Protein; 4g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 436mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Carolyn T's  
Cookbook

Servings: 12

Notes: The magazine article from which this recipe came was about freezing entrees for ease of serving later. This entree will keep in the freezer well and can be baked right out of the freezer. Do not add the cheese until the last or it will drip off the meat. Dated 8/2008

**Preparation Time: 30 minutes**

Start to Finish Time: 1 hour 30 minutes

1. Ask the butcher to split the steaks butterfly fashion, but not all the way; open each steak to 1 large piece. Pound both steaks with mallet until somewhat thin and tenderized. Cut pieces of kitchen string about 12-14" long and lay underneath meat at 2" intervals.

2. Cook the sausage meat briefly in a large skillet, drain well and spread meat on both steaks. Briefly sauté onions and red pepper strips in pan and spread on meat. Add stuffing mix to pan, then egg mixed with water and mix well. Do not cook stuffing. Add to steaks. Remove one slice of cheese, chop and save. Halve lengthwise remaining cheese and lay on steaks. Roll each steak carefully, keeping stuffing inside and tie meat carefully, but not too tight as meat and filling expand as they bake.

3. If cooking immediately: Place rolls in shallow baking pan large enough to hold steak and pour 3/4 cup water over rolls. Bake in moderate oven (350) for 40 minutes, basting occasionally. Sprinkle reserved chopped cheese over rolls. Bake 10 minutes longer, or until cheese melts. Remove to serving or cutting board and remove strings, then slice. Serve immediately.

4. If freezing: wrap uncooked rolls in foil; label & freeze. To bake frozen rolls: unwrap, place in baking pan and pour 3/4 cup water over. Bake in 350 oven for 1 hour and 40 minutes, basting occasionally. Sprinkle cheese on top and bake 10 minutes longer.