



## German Rouladen

**Active Time:** 20 minutes | **Total Time:** 1.5 hours | **Serves:** 6

### Nutrition Information Per Serving

286 calories, 6.33 g carbohydrate, 0.62 g fiber, 5.71 g NET carbs, 28.54 g protein, 16.36 g fat

#### Ingredients

- 4 pickle(s) Bubbies Pure Kosher Dills
- 8 tsp(s) Eden Foods Organic Brown Mustard, Jar
- 2 1/2 cup(s) Kettle & Fire Beef Bone Broth
- 2 medium(s) organic onions, thinly sliced
- 2 Tbsp(s) grass-fed salted butter
- 24 ounce(s) grass-fed flank steak
- 6 slice(s) pasture-raised bacon

#### Preparation

1. Using a sharp knife, cut the flank steak into thin filets - about 1/4 inch thick and 3 inches wide.
2. Slice pickles lengthwise into thin strips.
3. Place flank steak strips on a working surface and spread with mustard to taste. Top with bacon, onions and pickle slices on each filet.  Starting from one end, roll up tightly and secure with a toothpick.
4. Heat a cast-iron or safe nonstick skillet that has a lid over medium heat. Add the butter to melt.
5. Place the rolls in the pan and cook for 2 minutes per side to brown.
6. Pour in beef broth. Simmer, covered, for one hour.
7. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.