



## 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.&nbsp; 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.&nbsp;
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.

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