

Stuffed Flank Steak

Kathy Hogue



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| 2 lbs. flank steak | ¼ Cup olive oil |
| 1/3 Cup chopped onion | 14 oz. can stewed tomatoes |
| 2 TBL olive oil | 1 Cup water |
| 4 Cups dry bread cubes | ¼ Cup chopped onion |
| ½ tsp. poultry seasoning | ½ Cup chopped red pepper |
| ½ tsp. salt – ½ tsp. pepper | 2 stalks chopped celery |
| ½ Cup flour | ¼ Cup catsup |

Place steak between 2 pieces of cling wrap and roll out end to end with a rolling pin. Cook onion in oil. Add bread cubes and seasonings. Toss till bread is toasted. Spread stuffing over steaks and roll up. Secure with toothpicks. Roll in flour and brown in olive oil in a Dutch oven to prevent splatters. Mix tomatoes, water, onion, red pepper, celery and catsup. Place steak in a crock pot. Cover with sauce. Cook on high 3 to 4 hours or low 7 to 8 hours.