

Italian Beef Roll-Ups

Pillsbury Casseroles Oct'98 #212 p-54

Servings: 4

Preparation Time: 15 hours

Start to Finish Time: 50 hours

Cook Time: 35 hours

1. Try regular roast beef, garlic roast beef, or Italian roast beef for flavor changes.
2. You can use 3 cups of cooked mashed potatoes in place of the water, butter, potato flakes and milk. Warm the mashed potatoes and thin with a small amount of milk if necessary to get the right consistency so the parmesan cheese and broccoli can be stirred in.

1 package (9 oz) frozen cut broccoli

1 3/4 cups water

3 tablespoons butter

2 cups mashed potato flakes

3/4 cup milk

1 ounce (1/4 cup) shredded fresh parmesan cheese

8 1/8 in thick slices cooked roast beef from Deli

1 jar (12 oz) homestyle beef gravy

1 can (14.5 oz) diced tomatoes with garlic, oregano, and garlic, undrained

2 tablespoons chopped fresh parsley

2 tablespoons shredded fresh Parmesan cheese

Heat oven to 375 degrees.

Spray 13x9-inch (3 quart) baking dish with nonstick cooking spray. Cook broccoli as directed on package. Drain.

In medium saucepan, bring water and butter to a boil. Remove from heat. Stir in potato flakes and milk; mix well. Stir in 1/4 cup Parmesan cheese and cooked broccoli.

Sprayed about 1/2 cup potato mixture on each beef slice; roll up. Place beef rolls, seam side down, in sprayed baking dish.

In medium bowl, combine gravy and tomatoes; mix well. Spoon over beef rolls in dish. Cover with foil.

Bake at 375 degrees for 25 minutes. Uncover; bake an additional 5 to 10 minutes or until bubbly. Sprinkle with parsley and 2 tablespoons of Parmesan cheese.

Per Serving (excluding unknown items): 190 Calories; 10g Fat (47.6% calories from fat); 4g Protein; 22g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 140mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 Fat.