
Stuffed Flank Steak

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 pound flank steak
1/3 cup oil
1/3 cup soy sauce
1/3 cup sherry
1/2 cup chopped green pepper
1/2 cup sliced mushrooms
1/2 cup sliced green onions
2 tablespoons butter or margarine

Marinate the steak in a mixture of oil, soy sauce and sherry for two hours or more. In a skillet, saute' the mushrooms, pepper, and onion in margarine and add a little of the marinade.

Roll the vegetables in the center of the steak and hold closed with wooden skewers. Pour the remaining marinade over the steak.

Broil for 8 to 10 minutes or to taste.

(For a variation, use round steak. Bake at 350 degrees for 45 to 55 minutes in the marinade.)

Yield: 4 to 6 servings

Per Serving (excluding unknown items): 1844 Calories; 143g Fat (72.9% calories from fat); 95g Protein; 24g Carbohydrate; 4g Dietary Fiber; 293mg Cholesterol; 5997mg Sodium. Exchanges: 13 Lean Meat; 3 1/2 Vegetable; 21 1/2 Fat.