



R E C I P E

Recipes gathered from many resources, especially www.allrecipes.com

SPINACH STUFFED FLANK STEAK

INGREDIENTS

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| ‡ 1 flank steak | ‡ ¼ tsp. Salt |
| ‡ Pepper | ‡ 1 egg, beaten |
| ‡ 1 (10 oz.) pkg. chopped spinach | ‡ ½ cup dry breadcrumbs |
| ‡ 1 Tbsp. butter | ‡ 1 Tbsp. flour |
| ‡ 2 Tbsp. Dijon mustard | ‡ 1 Tbsp. horseradish |
| ‡ ½ cup milk | ‡ ½ cup beef broth |
| ‡ 1 Tbsp. chives | ‡ 1 tsp. lemon juice |

DIRECTIONS

1. Pound steak into 8x12 shape. Score in a diamond pattern. Combine egg, spinach and bread crumbs. Spread onto unscored side of steak. Roll up and skewer or tie. Cut into 1" slices. Grill uncovered about 8 minutes per side. Cover and grill about 5 minutes per side.
2. Make the sauce while grilling. In saucepan, melt butter. Stir in flour, mustard and horseradish. Add milk and broth. Cook until thick. Stir for 1 minute. Add chives and lemon juice. Serve over meat.