

Baked Beef Braciolo

PREPARATION TIME
25 minutes

COOKING TIME
1 hour

PERFECT PARTNER
buttered noodles



Canned tomatoes are the lowest-priced during the fall—so purchase them by the case.

They will keep for over a year, giving you the best value for canned tomatoes no matter what the season.

SHOPPING LIST

- flank steak
- Romano cheese
- fresh parsley
- spinach
- crushed tomatoes

ON HAND

- garlic
- oil
- dried oregano

INGREDIENTS

- 1^{1/2} pounds flank steak, butterflied
- 1/2 cup grated Romano cheese
- 1/2 cup chopped fresh parsley
- 1 clove garlic, crushed
- 1 (10-ounce) package frozen chopped spinach, thawed, drained
- 4 tablespoons vegetable oil, divided
- 1 (28-ounce) can Italian-style crushed tomatoes
- 1/2 teaspoon dried oregano

SERVES **4**

COOKIN'
Express

• For the quickest butterflied steak, ask the butcher in the meat department at your supermarket to do the task for you.

Make Ahead

You can prepare the steak through step 1 up to 8 hours ahead. Refrigerate until ready to proceed as recipe directs in step 2.

♦ VARIATION

Substitute Parmesan cheese for the Romano cheese for a unique Italian flavor.

1 Preheat oven to 375°F. Lay steak flat on a work surface. Spread Romano, parsley, garlic and spinach over steak. Roll steak jelly-roll-style; secure with kitchen twine.



2 Heat 2 tablespoons oil in a large ovenproof pot; add steak. Cook, turning occasionally, until browned on all sides, about 10 minutes.

3 Add remaining oil, tomatoes and oregano to pot; cover. Place in oven. Cook until steak is tender, about 1 hour.



4 Remove steak from pot; cut and remove kitchen twine. Slice steak into rolls.