

Mushroom-Stuffed Beef Roulade

INGREDIENTS:

- 3 T extra-virgin olive oil
- 8 oz mushrooms, finely chopped
- ½ cup finely chopped red onion
- ½ cup finely chopped red bell pepper
- 2 cloves garlic, minced
- 1 tsp oregano
- ½ cup chopped fresh basil
- 1 T almond flour
- 1 tsp grated lemon zest
- 1/2 tsp salt
- 1 lb flank steak (sirloin or round)
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PROCESS:

- Preheat oven to 400 degrees
- Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until lightly browned, about 3 minutes. Add onion and pepper. Cook, stirring occasionally, until onion is tender. Add garlic and the oregano. Remove from heat and stir in basil, almond flour, lemon zest, and salt. Transfer the mushroom mixture to a bowl and set aside to cool slightly. Rinse and dry the skillet.
- Pound the steak to ¼ inch thickness.
- Spread the mushroom mixture over the steak to within ½ inch of the edges. Starting on a long side, roll up the meat and tie with kitchen string.
- In the same skillet, heat the remaining 2 tablespoons olive oil over medium-high heat. Sear the meat, turning occasionally to sear evenly on all sides. Place skillet in the oven and cook for 20-25 minutes depending on thickness of the steak.

ENJOY!

From: Whole30 Cookbook