

Beef Rouladen

Yield: 10 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-roulade-recipe>

Ingredients:

- 3 pounds beef rouladen
- 3 ounces hot mustard keens
- 2 onions medium, shredded or finely chopped
- 3 medium carrots peeled, and cut into 1/4 inch sticks
- 6 pickles cut into 1/4 inch sticks
- 2 pounds bacon thin cut, cut slices in half
- 1 teaspoon salt or to taste
- 1 teaspoon pepper or to taste
- 3 tablespoons vegetable oil
- 4 cups water or more as needed
- 3/4 cup red wine such as Sauvignon Blanc or Malbec
- 1 cup all purpose flour

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 60 milligrams
4. Fat: 45 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 14 grams
8. Sodium: 1360 milligrams
9. Sugar: 2 grams

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