

# Polish Beef Rolls {Zrazy Zawijane}

Yield: 8 min  
Total Time: 72 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-beef-rolls-recipe>

## Ingredients:

- 1/2 onion
- 8 pickles
- 8 steaks about 2.5 lbs / 1.2 kg of lean beef - eye round steak
- salt
- pepper
- 8 tablespoons brown mustard
- 8 ounces smoked bacon
- 1 quart beef stock
- 4 bay leaves
- 6 whole peppercorns and allspice berries, each
- 4 dried mushrooms if you have
- 3 tablespoons all purpose flour
- 1/2 cup cold water

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1020 milligrams
9. Sugar: 2 grams

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