



# Stuffed Flank Steak

what to make when you want to impress your own self!

*Our mantra here at Keto in the Country is 'Just because it looks like a complicated recipe, doesn't mean that it is! This meal is the perfect example of that. This is so quick and easy, you will be amazed. Excellent choice for company, or just for family. Even if there are just 1 or 2 of you, the left overs are even better! AND it's a very inexpensive cut of meat!*

## Ingredients

1-1 1/2 lb flank steak  
1 red bell pepper, chopped  
8 oz mushrooms  
2-3 c spinach  
2 garlic cloves, minced  
Olive oil for drizzling  
Butter for sauté

## Directions

Put the flank steak inbetween 2 pieces of Saran Wrap and beat down to 1/2- 1/4" thickness. Set aside and let it rest while we stir fry all the veggies.

Drizzle the pan in butter (or olive oil, or avocado oil if you prefer), and add the red pepper, mushrooms, spinach and garlic. Sauté for a few minutes until veggies are crisp tender.

Transfer the steak to a flat surface and distribute the sauteed vegetables evenly over the top of the steak.

Sprinkle with feta cheese

Roll the meat up over the filling from bottom to top jelly roll style, then tie with cooking string so the steak will remain in place, because when it is done and you cut it, you want it to be presented in pinwheels.

Go back to your skillet, melt 2 T of butter, and when it's hot, place the steak in the pan to sear it. Transfer steak to a baking dish, and bake at 350 for 25 minutes

