

Stuffed Flank Steak

Ingredients:

1 cup herb-seasoned stuffing mix (such as pepperidge farm)

1 (11 oz) can sweet whole kernal corn, drained

1/2 cup coarsely shredded carrot

1 (2lb) flank steak cooking spray

1 (14 oz) jar marinara style pasta sauce

½ tsp red pepper flakes (optional)



Directions:

Combine first 3 ingredients in a bowl, toss well and set aside. Trim fat from steak, cut horizontally through center of steak, cutting to but not through other side, open flat, as you would a book. Place steak between 2 sheets of heavy duty plastic wrap, and flatten to an even thickness. Spread stuffing mixture over steak leaving a 1" margin around outside edges. Roll up steak, jelly roll fashion, starting with long side. Secure at 2" intervals with heavy string. Place a large nonstick skillet over medium high heat until hot. Coat steak with cooking spray and place in skillet, browning on all sides. Then place in slowcooker with cooking spray. Pour pasta sauce over steak. Cover with lid and cook on high setting for 1 hour then reduce to low setting and cook 7 hours or until tender.

Makes 8 servings (serving size=1 slice of steak and 3 1/2 tbs of sauce) 6 points, 8 points plus