

Meals with Teal #11

Menu:

Flank Steak roll

Twice baked potatoes

Caesar Salad

*This is a meal for 4 (or provides wonderful leftovers for 2)

Recipes:

Flank Steak Roll (slow cooker):

Flank steak (around 2 lb)

Sundried tomatoes, julienne

Shredded cheddar cheese 2 c

Shredded carrots

1 jar pasta sauce

*Mix 1 c julienne sundried tomatoes, 1 c shredded cheddar cheese, 1 c shredded carrots
Spread mixture on a 2-lb flank steak. Roll up steak and tie at 3-inch intervals. Place in crockpot and spread remaining mixture on top. Top with your favorite pasta sauce and spread remaining cheese on top.

*Cook on low about 6 hrs. Remove string and slice in $\frac{3}{4}$ inch slices. Lay back in sauce on warm until ready to serve (an hour is best).

*If you do not eat red meat, you can substitute boneless chicken breasts. Just place them in the slow cooker, spread mixture on top and pour pasta sauce over the mixture. Spread remaining cheese on top and cook on low 3-4 hours until cooked.

Twice Baked Potatoes:

4 russet potatoes

$\frac{1}{4}$ c butter, melted

1 c sour cream

$\frac{1}{2}$ c shredded cheddar cheese, plus more to sprinkle on top

$\frac{1}{2}$ c milk

Bake potatoes 400 for 1 hour. Allow to cool slightly. Cut top off top of potato (save) and carefully scoop out potato and place into a blender. Add melted butter, sour cream, milk, and cheese.

Bake at 375 15-20 min until cheese is melted and browned.

Caesar Salad:

Romaine, chopped

Grape tomatoes, sliced

Ken's light Caesar dressing to taste

Bolthouse Caesar dressing to taste

Meals with Teal Video #11:

<https://www.youtube.com/watch?v=zVlae0C1SOY>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Kens Steak House Dressing Lite Caesar - 16 Fl. Oz. \$3.69

Bolthouse Dressing Creamy Caesar - 12 FZ \$3.99

Dairy, Eggs & Cheese

Lucerne Sour Cream - 16 Oz \$2.29

Lucerne Cheese Shredded Sharp Cheddar Reduced Fat - 8 Oz \$4.98 \$2.49 ea

Fruits & Vegetables

Russet Potatoes \$4.00 \$1.00 ea

Signature Select/Farms Romaine Hearts Prepackaged 3 Count \$2.99

Signature Select/Farms Carrots Shredded - 10 Oz \$2.49

Signature Select/Farms Grape Tomatoes - 1 Pint \$1.74

Grains, Pasta & Sides

Signature SELECT Pasta Sauce Tomato Basil - 25 Oz **\$1.99**

Meat & Seafood

Signature Select Beef Boneless Flank Steak - 1.75 Lb **\$29.73**

Total: \$57.89

Safeway gift card: \$60

Nutritional Information:

Title

Flank Steak roll

Servings

8

Nutrition Facts (per 1 Serving)

Calories

312

Total Fat

16.2 g

Saturated

6.6 g

Trans

0 g

Polyunsaturated

0.2 g

Monounsaturated

0.9 g

Cholesterol

87 mg

Sodium

788.8 mg

Total Carbohydrates

12.4 g

Dietary Fiber

3.4 g

Sugar

6.3 g

Added Sugars

0 g

Sugar Alcohols

0 g

Net Carbs



Protein

29.1 g

Vitamin D

0.7 %

Calcium

12.7 %

Iron

18.1 %

Potassium

57.2 mg

Vitamin A

179.9 %

Vitamin C

2.7 %

Title	Twice Baked Potato
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Servings	4
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Nutrition Facts (per 1 Serving)	
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Calories	374
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Total Fat	26.2 g
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Saturated	15.1 g
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Trans	0 g
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Polyunsaturated	1 g
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Monounsaturated	6.4 g
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Cholesterol	75 mg
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Sodium	162.2 mg
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Total Carbohydrates	30.4 g
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Dietary Fiber	2 g
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Sugar	4.6 g
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Added Sugars	0 g
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Sugar Alcohols	0 g
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Net Carbs	
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Protein	6.9 g
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Vitamin D	4.3 %
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Calcium	16.1 %
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Iron	6.4 %
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Potassium	743.3 mg
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Vitamin A	3.3 %
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Vitamin C	45.9 %
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.