

Beef Roulades with Zucchini and Carrots

Chef Bob "Bear" Abare and Lyn Corsaro

State Fair-Colorado Proud/Colorado Cattle Women Mystery Match-Up 1st Place Team

Ingredients:

1-2 oz./person thinly sliced beef
½ clove garlic, minced
2 oz. Coastalfields zucchini, julienne
½ oz. carrot, shredded
1 tsp. olive oil
1 tsp. Sinton Dairy butter
Salt
Pepper
1 garlic clove, whole

Instructions:

Slice beef very thin. Pound out until flat and season with salt and pepper. Sauté whole garlic clove with zucchini and carrot. Remove vegetables leaving garlic behind. Roll sautéed veggies into beef slices. Cook to desired doneness.