

Beef and Broccoli Roll

Recipe By Rivky Kleiman



Cooking and Prep:  1
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Serves:  12

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Passover

Source: Family Table by
Mishpacha Magazine

For a nice change — here is a classic from my all-year archives that I've adapted for Pesach. The results will become a Pesach classic.

Ingredients (20)

Ingredients for Beef Layer

- 1 pound (450 grams) ground beef
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 cup Pesach crumbs, or 1/4 cup potato starch + 1/4 cup Pesach crumbs

- 1/2 cup Gefen Ketchup
- 16 ounces (470 milliliters) Gefen Tomato Sauce
- 1 cup water
- 1/2 cup lemon juice
- 2 small (6 oz./170-g.) cans Gefen Tomato Paste
- 1/3 cup sugar

Ingredients for the Broccoli Layer

- 1 pound (450 grams) frozen broccoli pieces, defrosted
 - 1 egg
 - 1/2 cup Pesach crumbs, or 1/4 cup potato starch +1/4 cup Pesach crumbs
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon garlic powder
 - 1 tablespoon onion soup mix
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Start Cooking

Prepare the Beef Layer

1. Combine ingredients for beef layer.
2. Spread on a Gefen Easy Baking Parchment Paper-lined baking sheet.
3. Place another sheet of baking paper on top to further smooth the meat. Set aside.

Prepare the Broccoli Layer

1. Steam broccoli in water in a four-quart pot for three–five minutes.
- 2.

Drain and add remaining ingredients for broccoli layer. Mash everything together until you have a smooth mixture.

3. Spread evenly over ground beef mixture (remove upper layer of parchment paper first).

Bake

1. Roll up the two layers lengthwise, removing the bottom layer of parchment paper as you go.
2. Bake for 20 minutes in preheated 350 degrees Fahrenheit (180 degrees Celsius) oven.
3. Meanwhile, combine sauce ingredients in a small saucepan and heat thoroughly until the mixture is smooth.
4. Pour over beef and broccoli roll. Bake an additional 20 minutes, basting occasionally.