



# JACK & PAT'S

## Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

### Flank Steak Italiano

1 Flank steak 1 ½ lb.	1 tbs. oil	½ tsp. salt
2 cloves of garlic minced	1 tbs parsley flakes	¼ tsp basil
½ tsp oregano	1 ¼ cups water	1 cup red wine
1 cup slice mushrooms	1 1/3 cup tomato paste	

Cut steak, across grain, into slices ¼ inch thick and about 4 inches long. In frying pan, brown meat in oil. Drain off excess fat and add remaining ingredients. Simmer, covered, 1 ½ hours until tender.

Great over spaghetti or potatoes!

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