**Patty’s Bracciole**

1 meat bracciole

salt and pepper

chopped fresh Italian parsley

I clove garlic chopped

parmigiano cheese

string to tie

olive oil

Spread bracciole meat flat. Pound a bit to flatten.

Sprinkle chopped parsely, garlic, a bit of parmigiano cheese, olive oil, salt and pepper.

Roll up and tie with string.

Heat olive oil in a pan on medium heat. Put in bracciole roll and fry, turning on all sides until cooked through.

Put bracciole in tomato sauce while cooking. Remove when sauce is done. Cut string and throw away.

Slice up bracciole and enjoy with pasta and a salad.

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