

























SALISBURY STEAK (pg. 1)

| STEPS | INGREDIENTS | PROCEDURES |
|-----------------|--|---|
| <p>1</p> |  1 Tablespoon  1/2 bag frozen onions  1 small can of mushrooms  skillet  | <p>Heat olive oil in the bottom of the skillet.</p>  <p>Add sliced onions and mushrooms and cook for about 2 minutes or until onions are tender.</p>  |
| <p>2</p> |  3/4 cup flour  1/4 teaspoon pepper  measuring cups & spoons  fork  pie plate | <p>Put 3/4 cup flour into a pie pan Add pepper. Stir to mix.</p>  <p>Coat both sides of the steaks. (dredge)</p>  <p>Add steaks to the onions and mushrooms. Cook on medium high until cooked done 3-4 minutes on each side (160 degrees)</p>  <p>Take steaks out of the skillet and put on a plate.</p>  |

SALISBURY STEAK (pg. 2)

| STEPS | INGREDIENTS | PROCEDURES |
|----------|--|---|
| 3 |  14 oz. beef broth  1/4 cup flour  wire whisk  thermometer  beefy onion soup | <p>Scrape bottom of skillet to loosen steak bits. Sprinkle 1/4 cup flour on top of onions and mushrooms and stir until flour can not be seen.</p>  <p>Add beef broth, sprinkle dry soup over the top and stir with wire whisk, until broth thickens.</p>  <p>Add steaks to gravy, cover and cook on low until steaks are warmed through.</p>  |