








Salisbury Steak

Makes 4 Servings; 1 cube steak and 1/2 cup sauce per serving

Nutrients Per Serving:









200 Calories | 4g Fat (.5g Saturated) | 35g Carbohydrates | 3g Added Sugar | 7g Protein | 1000 mg Sodium | 5g Fiber

Equipment Needed

 <p>Electric Skillet</p>	 <p>Turning spatula</p>	 <p>Measuring spoons & measuring cups</p>	 <p>Fork</p>
 <p>Pie Plate</p>	 <p>Whisk</p>	 <p>Digital food thermometer</p>	

Ingredients Needed









Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>4 small cube steaks</p>	 <p>3/4 cup chopped fresh onion or 1/2 bag of frozen onion</p>	 <p>1 (6.5 oz) can of mushroom, drained</p>	 <p>1 tablespoon olive oil</p>
 <p>3/4 cup flour</p>	 <p>1/4 teaspoon black pepper</p>	 <p>1 (14.5 oz) can of low sodium beef broth</p>	 <p>1 packet beefy onion soup mix</p>

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Heat 1 Tbsp olive oil in a skillet.</p>	<p>3</p>  <p>Add 1 (6.5 oz) can of mushrooms and 1/2 bag frozen chopped onions. Cook for about 5 minutes or until onions are tender.</p>	<p>4</p>  <p>Add 1/2 cup flour and 1/4 tsp pepper to pie plate and mix. Coat (dredge) both sides of cube steaks with flour mixture.</p>
<p>5</p>  <p>Add steaks to onions and mushrooms. Cook 3-4 minutes on each side to 160°F.</p>	<p>6</p>  <p>Take cube steaks out of the skillet and put on a plate.</p>	<p>7</p>  <p>Add 1 (14.5 oz) can of beef broth, then sprinkle 1 envelope of dry onion soup mix over mixture and stir until gravy thickens. Add steaks back into gravy, cover and cook on low heat for 5 minutes until warmed.</p>	<p>8</p>  <p>Enjoy! Refrigerate leftovers immediately.</p>