

## **Salisbury Steak**

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

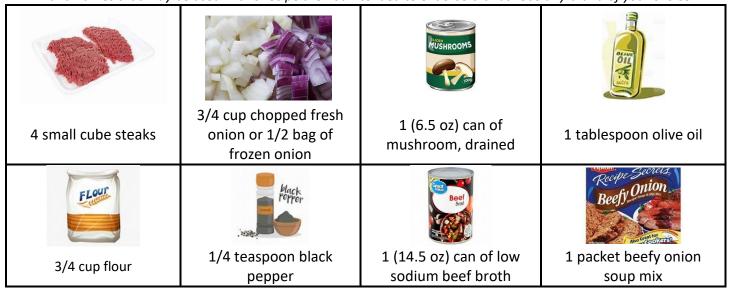
**Nutrients Per Serving:** 

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

## Equipment Needed | Fork | Fork | Pie Plate | Whisk | Digital food thermometer | Digital food thermome

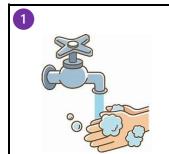
## **Ingredients Needed**

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



## **Directions**

(Tbsp = tablespoon, tsp = teaspoon)







Heat 1 Tbsp olive oil in a skillet.



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.



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.





Add steaks to onions and mushrooms. Cook 3-4 minutes on each side to 160°F.





Take cube steaks out of the skillet and put on a plate.





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.





Enjoy! Refrigerate leftovers immediately.