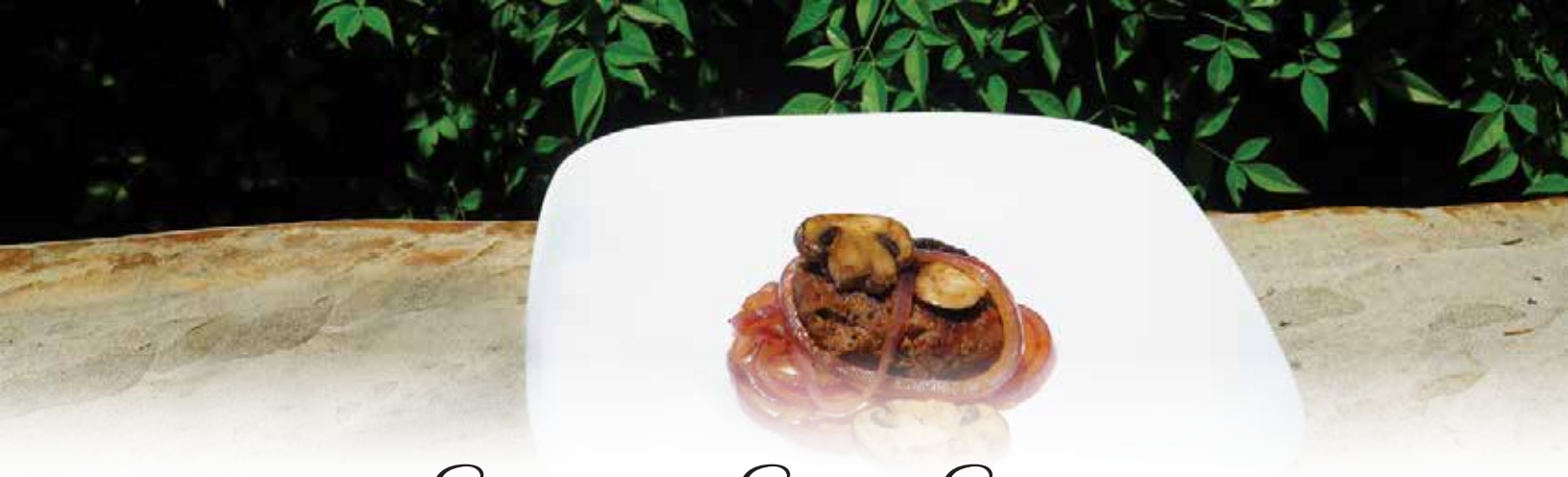

Salisbury Steak Supreme

For this recipe, we perfectly balanced efficiency, flavor, and health for you all in this single dish. You don't have to thank us! Just try out this delicious meal for yourself and see what we mean.

Ingredients:

- 2 medium red onions
- ½ cup soft breadcrumbs
- ¾ teaspoon salt-free seasoning blend
- ½ teaspoon pepper, or to taste
- Dash ground nutmeg
- 1 lb lean ground beef (we used 90% lean)
- 1 tsp cornstarch
- 1 tsp reduced-sodium beef bouillon granules
- ½ cup cold water
- 2 tsp butter
- ½ – 1 cups sliced fresh mushrooms

Directions:

- Thinly slice 1 ½ of the onion into rings, then finely chop the remaining onion for the ground beef mixture.
- In a large bowl, toss the breadcrumbs with the chopped onion and seasonings.
- Add beef to the large bowl, mixing lightly and thoroughly.
- Shape the beef mixture into ½ inch thick oval patties.
- Place a lightly oiled, large nonstick skillet over medium heat. Add patties and cook for 5-6 minutes on each side, or until a thermometer reads 160ºF. Remove from pan and discard drippings.
- In a small bowl, mix cornstarch, bouillon and water until smooth.
- In the same skillet, heat butter over medium-high heat. Add mushrooms and sliced onions. Cook and stir for 5-7 minutes, or until onions are tender.
- Stir in cornstarch mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return Salisbury steaks to pan, turning to coat with sauce.
- Serve and enjoy!

"Be the kind of person that makes other people want to step up their game."

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