



Hearty Salisbury Steaks

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 5 servings.

I love serving Salisbury steak with mashed potatoes and vegetables. It's the essence of down-home goodness. And it always disappears fast! —Dorothy Bayes, Sardis, Ohio

Ingredients

1 medium onion, finely chopped

1/2 cup crushed saltines (about 15 crackers)

1/4 cup egg substitute

1/2 teaspoon pepper

1 pound lean ground beef (90% lean)

1 tablespoon canola oil

2 cups water

1 envelope reduced-sodium onion soup mix

2 tablespoons all-purpose flour

Directions

1. In a large bowl, combine onion, saltines, egg substitute and pepper. Add beef; mix lightly but thoroughly. Shape into 5 patties.
2. In a large skillet, heat oil over medium heat. Add patties; cook 3-4 minutes on each side or until lightly browned. Remove patties and keep warm; discard drippings.

3. Combine water, soup mix and flour; stir into skillet. Bring to a boil. Return patties to skillet. Reduce heat; simmer, covered, 5-7 minutes or until meat is no longer pink.

4. Freeze option: Freeze individual cooled steak with some gravy in an airtight container. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, gently stirring and add water if necessary.

Nutrition Facts

1 patty with 1/4 cup gravy: 233 calories, 10g fat (3g saturated fat), 45mg cholesterol, 418mg sodium, 14g carbohydrate (3g sugars, 1g fiber), 20g protein. **Diabetic**

Exchanges: 2 lean meat, 1 starch, 1 fat.

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