

## Main Dishes

Beef

### Salisbury Steak

This recipe uses ground beef and gives you something different to serve for dinner. The egg yolk can be used in my Cookie Crust Pie Shell. You can make a pie for dessert.

- 1 pound ground beef
- 1 egg white, lightly beaten
- 1/3 cup chopped onion
- 1/4 cup saltine crumbs
- 2 Tb. milk
- 1 Tb. prepared horseradish
- 1/4 tsp. salt, optional
- 1/8 tsp. pepper
  
- 1 jar ( 12 ounces) beef gravy
- 1-1/4 to 1-1/2 cups sliced fresh mushrooms
- 2 Tb. water
- Hot cooked noodles, optional



In a bowl, combine the beef, egg white, onion, crumbs, milk, horseradish, salt and pepper.

Shape into four oval patties.

Fry in a skillet over medium heat for 10 - 12 minutes or until cooked through, turning once.

Remove patties and keep warm. Drain fat from skillet.

Add gravy, mushrooms and water to skillet; heat for 3 to 5 minutes.

Serve over patties and noodles.

Yield: 4 servings.

NOTE: Suggested noodles would be Fettuccini noodles. If you do not have beef gravy on hand, you can make a hamburger gravy by adding 1/4 cup all-purpose flour to the essence in the fry pan. Add 1 to 2 cups cold water gradually to flour mixture. Cook until mixture thickens. Then add the mushrooms. You can also sauté mushrooms while frying patties.