

Salisbury Steak

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-mushrooms-polish-recipe>

Ingredients:

- 1 pound ground beef
- 1 egg
- 1 tablespoon tomato paste
- 1 tablespoon yellow mustard or 1 teaspoon dry mustard powder
- 2 tablespoons worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/4 cup dry breadcrumbs
- 1/2 teaspoon ground black pepper or to taste
- kosher salt to taste
- 2 tablespoons butter
- 1 onion large, diced, about 2 cups
- 6 ounces mushrooms Sliced, optional
- 3 tablespoons flour
- 1/2 teaspoon dried thyme
- 1 1/2 cups beef broth
- 1 tablespoon soy sauce
- 3 tablespoons fresh parsley chopped, optional garnish

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 1020 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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