

Southern Hamburger Steak with Gravy

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-hamburger-and-gravy-recipe>

Ingredients:

- 2 pounds ground beef
- 1 egg
- 2 teaspoons dry mustard
- 4 teaspoons Worcestershire sauce divided
- 2 tablespoons ketchup divided
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 2 onions thinly sliced
- 1 tablespoon garlic minced
- 2 tablespoons all purpose flour
- 2 cups beef broth

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 105 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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