

# Salisbury Steak Burgers with Mushroom Gravy

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-swiss-steak-ground-beef-mushroom-gravy-recipe>

## Ingredients:

- 2 pounds ground beef grass fed
- 1 egg
- 2 garlic cloves minced
- 1/2 yellow onion minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 2 tablespoons fat of choice, I used duck fat-duh
- 3/4 cup beef broth
- 3 ounces coconut milk
- 1/2 yellow onion minced
- 1 garlic clove minced
- 1 package mushrooms your choice what kind
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 220 milligrams
4. Fat: 46 grams
5. Fiber: 2 grams

6. Protein: 48 grams
  7. SaturatedFat: 22 grams
  8. Sodium: 1540 milligrams
  9. Sugar: 3 grams
  10. TransFat: 2.5 grams
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