

Salisbury Steak Deluxe

Denise Barteet - Shreveport, LA
Taste of Home Recipe Book 2015

Servings: 6

1 can (10-1/4 ounce)
condensed cream of
mushroom soup, undiluted
1 tablespoon prepared
mustard
2 teaspoons Worcestershire
sauce
1 teaspoon prepared
horseradish
1 egg
1/4 cup dry bread crumbs
1/4 cup finely chopped
onion
1/2 teaspoon salt
dash pepper
1 1/2 pounds ground beef
1 to 2 tablespoons canola
oil
1/2 cup water
2 tablespoons fresh parsley,
chopped

In a small bowl, combine the soup, mustard, Worcestershire sauce and horseradish. Set aside.

In another bowl, lightly beat the egg. Add the bread crumbs, onion, salt, pepper and 1/4 cup of the soup mixture. Crumble the beef over the mixture. Mix well. Shape into six patties.

In a large skillet, brown the patties in oil. Drain

Combine the remaining soup mixture with the water. Pour over the patties. Cover. Cook over low heat for 10 to 15 minutes or until the meat is no longer pink and a thermometer reads 160 degrees. Remove the patties to a serving platter.

Serve the sauce with the meat. Sprinkle with parsley.

Per Serving (excluding unknown items): 762 Calories; 72g Fat (84.3% calories from fat); 22g Protein; 8g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 769mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 12 1/2 Fat; 0 Other Carbohydrates.

