

Hamburger Steak

Debbie Moreland - North Salem, IN

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Servings: 6

*1 pound hamburger
1/3 cup cracker crumbs
1/3 cup milk
salt (to taste)
pepper (to taste)
flour
corn oil (for frying)
1 can (10-3/4 ounce) golden
mushroom soup
1 cup milk*

Preparation Time: 20 minutes**Bake Time: 1 hour**

In a bowl, mix the hamburger, cracker crumbs, 1/3 cup of milk and salt and pepper to taste. Mix well. Press into a twelve inch square cookie sheet. Cut into squares.

Place in the refrigerator overnight.

When ready to use, roll in flour and brown in a skillet. Place the squares in a two-quart rectangular casserole dish.

In a bowl, mix the mushroom soup and one cup of milk. Pour the mixture over the steaks in the casserole.

Bake for one hour at 375 degrees.

Best when served with rice.

Per Serving (excluding unknown items): 264 Calories; 12g Fat (39.6% calories from fat); 12g Protein; 28g Carbohydrate; 0g Dietary Fiber; 37mg Cholesterol; 352mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 2 Fat.