
Poor Man`s Filet

Jody Kroon

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2 pounds ground beef

8 slices lean bacon

olive oil

1 can cream of mushroom soup

2 tablespoons soy sauce

Divide the ground beef into eight equal portions. Form each portion into a patty. Place one slice of bacon around the edges of each portion and fasten the ends together with a toothpick.

In a skillet, brown the patties in olive oil.

In a bowl, mix the mushroom soup and the soy sauce. Stir well. Spoon the mixture over the patties in the skillet.

Reduce the heat to low and simmer for 30 minutes.

Ground Beef

Per Serving (excluding unknown items): 2963 Calories; 250g Fat (77.1% calories from fat); 155g Protein; 12g Carbohydrate; 1g Dietary Fiber; 774mg Cholesterol; 3707mg Sodium. Exchanges: 1/2 Grain(Starch); 22 Lean Meat; 1/2 Vegetable; 38 Fat.