

Saucy Stovetop Patties

For a change, serve up the hamburgers Salisbury steak-style! With rich mushroom gravy, this homey dish is sure to satisfy.

Large egg, fork-beaten	1	1
Fine dry bread crumbs	1/2 cup	125 mL
Finely chopped onion	1/4 cup	60 mL
Montreal steak spice	1 tsp.	5 mL
Lean ground beef	1 lb.	454 g
Cooking oil	2 tsp.	10 mL
Sliced fresh white mushrooms	1 cup	250 mL
Prepared beef broth	1 cup	250 mL
All-purpose flour	1 tbsp.	15 mL

Combine first 4 ingredients in large bowl.

Add beef. Mix well. Divide into 4 equal portions. Shape into 1/2 inch (12 mm) thick patties.

Heat cooking oil in large frying pan on medium-high. Add patties. Cook for about 3 minutes per side until browned. Transfer to plate. Cover to keep warm. Reduce heat to medium.

Add mushrooms to same frying pan. Cook for about 4 minutes, stirring occasionally, until browned.

Stir broth into flour in small bowl until smooth. Slowly add to mushrooms, stirring constantly until boiling and thickened. Reduce heat to medium-low. Add patties. Turn until coated. Simmer, covered, for about 5 minutes until beef is no longer pink inside. Serves 4.

1 serving: 311 Calories; 15.8 g Total Fat (1.4 g Mono, 0.7 g Poly, 5.3 g Sat); 127 mg Cholesterol; 13 g Carbohydrate; 1 g Fibre; 27 g Protein; 688 mg Sodium

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