

Salisbury Steak Deluxe

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Serves 4, 5 points per serving on all plans

- 1 can Healthy Request cream of mushroom soup
- 1 Tbsp mustard
- 2 tsp Worcestershire sauce
- 1/2 tsp horseradish
- 1 egg
- 1/8 cup bread crumbs
- 1/8 cup finely chopped onion
- 1/4 tsp salt
- Dash pepper
- 1 lbs 96% lean ground beef
- 1 Tbsp canola oil
- 1/2 cup water
- 1 Tbsp chopped fresh parsley

1. In a small bowl combine soup, mustard, Worcestershire sauce and horseradish. Set aside.
2. In another bowl, lightly beat egg. Add the bread crumbs, onion, salt, pepper and 1/4 cup of the soup mixture.
3. Crumble beef over mixture and mix well. Shape into 4 patties.
4. In a large skillet brown the patties in oil; drain.
5. Combine remaining soup mixture with water; pour over patties. Cover and cook over low heat 10-15 minutes or

until meat is no longer pink and the internal temperature is 160.

6. Remove patties, serve with sauce, sprinkle with parsley