

Salisbury Steak

Don't feel like lighting up the grill for a Father's Day meal? This salisbury steak will surely satisfy. You can do a simple side salad and a baked sweet potato or maybe a sweet potato salad. Enjoy.

xoxo,
Kristin

Make the patties: Place the ground beef, egg, garlic, onion, tomato paste, dijon mustard, beef bouillon and Worcestershire sauce in the a large mixing bowl. Mix with your hands until the ingredients are well incorporated. Form the mixture into 6 equal sized oval patties.

Heat the olive oil in a large skillet over medium-high heat. Add the patties and cook until they are browned on both sides, about 3 minutes per side. Remove the patties to a plate, leaving the drippings in the pan and cover the patties to keep warm.

Make the sauce: Reduce the heat under the skillet to medium, put the garlic and onion in the skillet and cook until the garlic is fragrant and the onion is translucent, about 5 minutes.

Add the beef stock and use a heatproof spatula to deglaze the pan, scraping up and mixing in any bits stuck to the pan.

Whisking continuously, mix in the coconut flour, dijon mustard, salt and pepper. Add the mushrooms and parsley and simmer for 5 minutes, stirring occasionally.

Reduce the heat to low and return the patties to the pan. Cook for 5 to 7 minutes, until the patties are hot and the sauce has thickened. Garnish with additional parsley, if

desired, before serving.

Recipe from 30 Minute Ketogenic Cooking