

# LIGHTER (AND EASIER) SALISBURY STEAK

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SERVINGS: 4

TOTAL TIME: 30 MIN

## INGREDIENTS

1 lb lean ground beef shaped  
into 4 patties

Salt and Pepper

2 TBSP olive oil

8 oz baby bella mushrooms  
sliced

1 medium onion sliced

2 garlic cloves finely chopped

2 cups beef stock

1 tsp dried thyme

1 tsp cornstarch

## DIRECTIONS

1. Heat a large heavy bottomed skillet (iron skillet works great) with 1 TBSP olive oil.
2. Season beef patties on both sides with salt and pepper.
3. Once the pan is hot, brown the beef patties on both sides, 2-3 minutes per side depending on the power of your stove. Don't worry about cooking them the entire way through at this point. Remove from pan.
4. Add 1 TBSP oil to pan. Add mushrooms, onion, garlic, and salt and pepper to taste. Allow the mixture to brown slightly and pick up the tasty meaty bits on the bottom of the pan (3-5 minutes).
5. Add about 2 cups of beef stock and dried thyme. Bring to a simmer and add cornstarch. Stir until the cornstarch dissolves and add the beef patties back into the sauce.
6. Simmer the sauce and patties until the sauce is the thickness that you want and the patties are cooked through. For me it took about 5 minutes.
7. Serve over mashed potatoes.