

Salisbury Steak

Gravy

- 1/2 cup cornstarch
- 5 Cups beef consomme, undiluted (make sure GF/CF)
- 3 T Worcestershire sauce
- 1 T dried basil
- 1/4 t pepper
- 4oz can of mushrooms (optional)

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- 2 egg, beaten
- 1 cup soft bread crumbs (just cube some Gluten Free bread)
- 2 medium onion, finely chopped
- 2 t seasoned salt
- 1/2 teaspoon pepper, optional
- 2 pounds ground beef
- 1 pound sausage (Optional)
- Hot mashed potatoes



In a bowl, combine cornstarch and consomme until smooth. Stir in mushrooms if desired, Worcestershire sauce and basil; set aside. In another bowl, combine egg, bread crumbs, onion, seasoned salt and pepper. Add beef and mix well. Shape into six oval patties; Brown patties and then place in a 9X13 pan in oven at 350 Make gravy by bringing to a boil in a small pan, stirring constantly. Cook 3 to 5 min until thickened. Pour over patties Cook 30 min covered. Serve with mashed potatoes.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Beef.html>