

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Burger Steak Recipe with Sour Cream Mushroom Sauce

(21 DSD Compliant)

From www.spinachtiger.com

1/2 cup grass fed ground beef
1 tablespoon olive oil (see notes)
3 tablespoons Worcestershire Sauce
3 tablespoons Dijon mustard
1/2 teaspoon salt
1/2 teaspoon black pepper

Sour Cream Mushroom Sauce

4 cups sliced mushrooms
2 tablespoons butter
1/2 cup full fat sour cream
1 tablespoon Worcestershire
black pepper

1. Mix meat gently with olive oil*, Worcestershire Sauce, Dijon mustard, salt, pepper.
2. Form into hamburger steaks. I like an oval shape for this recipe, but you can make rounds
3. Bake in oven at 350° F for about twenty minutes or until your meat reaches the temperature you want.

Make Sour Cream Mushroom Sauce

1. Add butter to frying pan and cook mushrooms on medium low heat until softened.
2. Add in a tablespoon of Worcestershire sauce and cook down until it has evaporated. If mushrooms are done before meat, turn heat off.
3. When ready to serve, heat up mushrooms, add in sour cream and toss until you have a sauce the consistency you want.
4. Serve immediately.

*If you use a high quality grass fed ground beef, add the olive oil as sometimes grass fed beef can be dry. If you are not using grass fed meat, you can skip the olive oil.