

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Salisbury Steaks

Serves 4

1 -1 ½ pounds ground beef or turkey
1 tsp salt
¼ tsp pepper
2 Tbsp coconut oil, butter, or ghee
1-2 onions, sliced
½ cup beef stock
1 tsp rapadura or sucanat, optional
2 Tbsp steak sauce (see below)
1 Tbsp prepared mustard, regular or spicy
1 tsp cornstarch whisked with 1 Tbsp water until smooth, optional

1. In a bowl, combine the ground beef, ½ tsp salt and pepper. Mix and shape into patties. Heat the fat in a large skillet over medium-high heat and brown the patties on both sides.
2. Reduce heat to medium-low and cook until the patties are cooked through, 10-15 minutes, depending on the thickness. Remove the "steaks" from the skillet and keep warm.
3. Place the onions in the pan and sauté until tender. Add the remaining ingredients including the remaining ½ tsp salt and bring to a boil, stirring constantly. Thicken with the cornstarch slurry if desired. Pour the sauce over the steaks.
4. Serve with mashed potatoes if desired.

To make your own steak sauce: whisk together ¾ cup ketchup, 1 Tbsp prepared yellow mustard, 1 Tbsp Worcestershire, ¾ tsp apple cider vinegar, 2 drops hot sauce, ¼ tsp salt and ¼ tsp pepper.