

Beef

Italian-Style Salisbury Steaks

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Servings: 4

Start to Finish Time: 20 minutes

1 egg

1 teaspoon Worcestershire sauce

1/2 cup seasoned bread crumbs

1/2 teaspoon garlic powder

1/2 teaspoon pepper

1 pound ground beef

1 tablespoon canola oil

1 can (14 1/2 oz) diced tomatoes with basil, oregano and garlic, undrained

1 can (8 oz) Italian tomato sauce

In a large bowl, combine the egg, Worcestershire sauce, bread crumbs, garlic powder and pepper.

Crumble the beef over the mixture and mix well.

Shape into four oval patties.

In a large skillet, brown the patties in oil on both sides. Drain.

In a small bowl, combine the diced tomatoes and tomato sauce. Pour over the patties. Bring to a boil.

Reduce the heat. Cover and simmer for 10 to 15 minutes or until the meat is no longer pink.

Per Serving (excluding unknown items): 458 Calories; 35g Fat (70.0% calories from fat); 23g Protein; 11g Carbohydrate; 1g Dietary Fiber; 150mg Cholesterol; 505mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 5 1/2 Fat; 0 Other Carbohydrates.