

Salisbury Steak

- 1 1/2 to 2 lbs lean ground beef
- 1 cup GFCF rice crispies
- 1 cup soy or almond milk
- 1 egg
- 1 onion chopped
- 1 1/2 Tablespoons GFCF Worcestershire Sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Sauce Ingredients:

- 1 4oz can of slice mushrooms
- 4 cups GFCF Beef Broth (Herb Ox bouillon)
- 1 Package GFCF Onion Soup mix (Best Choice)
- 1/2 teaspoon thyme leave
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon GFCF Worcestershire sauce
- 3 Tbsp. Cornstarch

Mix ingredients down to the sauce ingredients. Form into patties and brown on both sides in electric skillet

Mix sauce ingredients except cornstarch. Pour over patties and cook for 20 minutes until patties are done. Remove patties and set on platter. Bring broth to a boil scrapping pan to loosen scrapings. If liquid has cooked down too much just add some more beef broth.

Dissolve the Cornstarch into cold water (1 Tbsp water per Tbsp of cornstarch)

slowly mix cornstarch mixture into broth, stirring briskly with a whisk. (If you add the cornstarch mix too fast, you'll end up with a lumpy mess, so be patient!) Stir until thickened put a little sauce over patties and serve rest in bowl. Serve with mashed potatoes.

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