Lightened-Up Salisbury Steak

Julie Buck, Bannock County
**Lightened-Up Salisbury Steak**

Prep time: 15 minutes  
Cook time: 4-5 hours slow cooker  
Yield: 6 servings  
Serving size: 1 Salisbury steak

### Ingredients
- 1-pound lean ground beef (90/10-lean)
- 1 onion, half sliced and half diced
- ¼ cup plain bread crumbs
- 1 tablespoon low-sodium Worcestershire sauce
- 1 tablespoon Dijon mustard
- ½ teaspoon garlic powder
- 2 egg whites
- 2 teaspoons extra virgin olive oil
- 8 ounces baby Bella mushrooms, thinly sliced
- 2 cups low-sodium beef broth
- 2 tablespoons white whole-wheat flour
- 1 tablespoon tomato paste
- salt, to taste
- black pepper, to taste

### Instructions

1. In a large mixing bowl, combine the beef, the diced onions, bread crumbs, Worcestershire, Dijon, garlic powder, and egg whites. Mix together with clean hands and shape into 6 equal-sized oval patties.
2. Heat a large skillet over medium heat and grease with nonstick cooking spray. Brown the patties for 1-2 minutes on each side. Place browned patties into the slow cooker stacking alternately like a pyramid.
3. To the same skillet, add the oil, the sliced onions, and mushrooms. Cook until the onions are barely soft. (If the patties left bits of beef stuck to the skillet, add a tablespoon of water at a time and scrape it with a wooden spoon to deglaze the pan. Do not discard the stuck-on bits; this will help to flavor the sauce.)
4. Whisk the flour into the beef broth until it is dissolved, and add it to the skillet. Stir in the tomato paste, salt, and black pepper and bring the sauce to a boil. Pour over the meat. Sprinkle sliced onions on top.
5. Cook in a slow cooker on the low setting for 4 or 5 hours, until ground beef is well done or 160 degrees F.

Recipe adapted by Julie Buck, Bannock County Extension Educator. jhbuck@uidaho.edu 236-7310

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