

# Salisbury Steak

Recipe by Angela Litchfield



## INGREDIENTS

- 1/2 pound venison ground
- 1/2 pound lean ground beef
- 1/3 cup dry bread crumbs
- 1/4 cup chopped onions
- 1 egg, beaten
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
  
- 2 cups beef broth
- 1 large onion, thinly sliced
- 1 cup sliced mushrooms
- 3 tablespoons cornstarch
- 3 tablespoons water

## DIRECTIONS

Combine ground beef, ground venison, bread crumbs, chopped onion, egg, salt, and black pepper in a bowl until evenly mixed. Shape beef mixture into 4 patties, about 3/4 inch thick.

Fry patties in a large skillet over medium heat until browned on both sides, about 10 minutes. Add beef broth, onion, and mushrooms; bring to a boil. Reduce heat to low, cover, and simmer until patties are no longer pink in the center, about 10 minutes more. Transfer patties to a platter and keep warm.

Bring onion mixture to a boil. Mix cornstarch and water in a small bowl; stir into onion mixture. Cook and stir until onion gravy is thickened, about 1 minute. Pour over patties to serve.

*Serve with wild rice and beans.*

*Indigenous Ingredient: Ground venison*

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

*Kate Brant*