

## Ingrediënten

1 lb very lean ground beef (recommend 93%)  
 3 slices white bread  
 1 can (10.5 oz) golden mushroom soup  
 2 tbs milk  
 1 cup sliced mushrooms  
 2 tbs finely chopped onion  
 2 tbs milk  
 1 egg, beaten  
 1 tsp salt  
 ½ tsp pepper  
 ½ tsp garlic powder  
 ¼ tsp thyme (optional)  
 ¼-1/2 cup milk  
 ½ tsp Gravy Master or Kitchen Bouquet (optional)



## Recept

1. Preheat oven to 350 degrees F. Lightly spray a shallow 1.5 quart baking dish or a 11 x 7-inch baking dish.
2. Using a food processor, Ninja or your hands, process sliced bread into small crumbs to make soft breadcrumbs. Place in a large bowl.
3. Add the beaten egg, 2 tbs milk and 2 tbs of the concentrated soup; stir well. Add the ground beef, onion, salt, pepper, garlic powder and thyme if using. Mix well. Shape into 4 "football" shaped patties about 1-inch thick; place in prepared pan.
4. In a separate bowl, combine remaining soup concentrate, mushrooms, Gravy Master if using (this is merely for a richer color and not necessary for any flavor) and ¼ cup of the milk. Stir until smooth. There is a range for the milk--the ¼ cup is for thicker gravy, the ½ cup is for thinner gravy or if you just want more gravy (but it'll be thinner). Feel free to use more or less, but always start out with the lower amount.
5. Pour the soup mixture evenly over the patties in the pan. Cover either with a lid or aluminum foil. I used a Corning Ware pan that had a lid, but foil will work just fine.
6. Bake at 350 degrees F for about 30 minutes, or until patties are cooked all the way through and have an internal temperature of 160 degrees F.
7. Serve with mashed potatoes or buttered noodles.

## Bron



PREP TIME	COOK TIME	TOTAL TIME
20 mins	30 mins	50 mins

Author: Judith Hannemann  
Serves: 4

<http://www.bakeatmidnite.com/2013/11/easy-salisbury-steak.html>

Read more: <http://www.bakeatmidnite.com/2013/11/easy-salisbury-steak.html#ixzz2psxlCsOm>

**Info**

Oven 175 °C

3 sneden wit brood verkrumelen in een grote kom – Gebruikt : chapeluren

+ 1 geklutst ei

+ 2 el melk

+ 2 el champignon soep

+ 0,5 kg filet americain

2 el ui versnipperd – Gebruikt 1 kleine ui

Peper / zout

½ koffielepel lookpoeder

¼ koffielepel tijm

Maak er balletjes van (volgens recept 4 van 2.5 cm dik) -> 9 balletjes

Rest van de champignon soep

+ 250 g gesneden champignons – Gebruikt 500g

½ el gravy Master - Gebruikt : 1/2 vleesbouillonblokje

60ml melk – tot je de gewenste sausdikte hebt – Gebruikt : meer

Doe de mengsels in een bakslede – bedek met aluminiumfolie

Bak gedurende 30 minuten in de oven. (30 afgedekt onder aluminium en erna nog 20 minuten)

Serveer met puree of noedels.

**Fotos**



2 de versie, 21/05/2015

Eens met andere ingrediënten, hierbij laagjes :

1 zak gestoofde verse spinazie, gewoon aangestoofd zonder vetstof

2 blikjes champignons

500g kippengehakt, 1 ei, 1 ui, 2 teentjes look, 2el melk, 2el champignonsoep, tijm, lookpoeder, chapelure

- > balletjes van maken

rest van blik champignonsoep aanlengen met melk en een vleesbouillonblokje

