

➤ DINNER: SALISBURY STEAK WITH MASHED POTATOES AND BROCCOLI**🍴 Serves 4****🕒 Prep: 20 min.****🔥 Cook: 30 min.****📄 NOTES**

Sweet potatoes can be substituted instead of russet.

To make AIP friendly: Omit egg, tomato paste, mustard, and be sure to use coconut flour. Use sweet potatoes instead of russet.

✓ INGREDIENTS

Salisbury Steak:

1 ½ lbs ground beef

1 egg

1 ½ tbsp tomato paste (optional)

½ tbsp coconut aminos

½ tbsp apple cider vinegar

2 tsp dry mustard

1 tsp onion powder

¼ tsp garlic powder

2 tbsp almond or coconut flour

2 cups good quality beef stock

8 oz white mushrooms, sliced

3 tbsp full-fat coconut milk

4 tsp tapioca or arrowroot starch

4 tsp cold water

Sea salt & freshly ground black pepper

Cooking fat

Mashed Potatoes:

4 russet potatoes, peeled and cut into 1 ½ inch pieces

3 tbsp cooking fat (coconut oil or ghee work best here)

2 garlic cloves, minced or pressed

A few splashes of coconut milk

Sea salt and freshly ground black pepper to taste

Steamed Broccoli:

1 bunch of broccoli, cut into florets

Juice from ½ lemon

Freshly ground black pepper

1 ½ tbsp Paleo friendly fat (i.e. olive oil, coconut oil, or ghee)

PREPARATION

Salisbury Steaks:

In a bowl combine ground beef, egg, tomato paste if using, coconut aminos, apple cider vinegar, dry mustard, onion powder, garlic powder, almond or coconut flour, salt and pepper to taste.

Using your hands form 4 oval shape patties. (something that resembles a steak)

Heat a skillet with some cooking fat over medium-high heat.

Once hot cook the patties 4-6 minutes on each side, or until cooked through.

Remove from the skillet, discard of any excess grease.

In the same skillet over medium heat add the sliced mushrooms and cook 6-10 minutes until all of the juices have evaporated.

Add beef stock and coconut milk to the mushrooms, season with salt and pepper, and bring to a boil.

In a separate small bowl mix together the tapioca starch and water to create a slurry. Add the slurry to the skillet and stir constantly while the sauce begins to thicken.

Lower the heat to medium-low, add back the patties and let them simmer in the sauce for a few minutes.

Remove from the stove, transfer "steaks" and gravy to a serving dish.

Mashed Potatoes:

Add potatoes to a large pot and fill with water until they are fully covered.

Place pot over high heat on the stove and bring to a boil.

Cook for about 8 minutes, or until potatoes are soft enough to pierce with a knife.

Strain the potatoes and set aside for a couple of minutes.

In the same pot heat your chosen cooking fat over low heat and add the garlic. Let it cook for about 1-2 minutes just so it becomes fragrant.

Remove from the heat and return the potatoes to the pot.

Using a potato masher mash the potatoes, adding in the desired amount of coconut milk as you go. You can always add in additional fat as well to make the dish richer.

Once you reach the desired consistency for the mashed potatoes season to taste with salt and pepper and mix well.

Transfer to a serving bowl.

Steamed Broccoli:

In a large saucepan add 1 inch of water, if using a steamer insert fill water just below the bottom of the steamer.

Bring water to a boil and add the broccoli, cover and cook for 4-5 minutes until crisp but tender.

Remove broccoli and toss with fat of your choice, sprinkle with lemon juice and

season lightly with black pepper.

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