

# Hamburger Steak

Hamburger Steak, Salisbury Steak or Fried Hamburgers....all the same, all REALLY TASTY!

Cook Time: 30 - 45 min

Equipment: Cast Iron Skillet

Makes 4 Hamburger Steaks

## Ingredients:

For the Hamburger Steak

- **1 lb Native Acres Ground Beef**
- Pinch of Salt and Pepper
- ½ tsp Onion Powder
- ½ tsp Garlic Powder
- 2 TBS Oil of Choice

For the Gravy

- ¼ cup pan drippings
- ¼ cup of flour
- 3 cups beef broth
- Salt and Pepper to Taste

## Directions:

### Make the Steaks:

1. Combine ground beef, s&p, onion powder and garlic powder into a medium bowl. Work the meat with your hands until seasoning is evenly distributed
2. Shape into 4 thin hamburger steaks about ½ inch thick
3. Heat oil in cast iron skillet over medium high heat
4. Once pan is hot, cook steaks on each side for 2-3 min until they have a good sear (don't worry if they aren't cooked all the way through, they will finish in the gravy)
5. Remove hamburger steaks to a clean plate. Next is the gravy...

### For the Gravy:

6. Reduce frying pan heat to medium low
7. Pour off pan drippings into a small measure cup and measure ¼ cup of drippings (if you don't have enough drippings you can add butter to get the correct amount)
8. Add pan drippings back to the cast iron and add the flour. Whisk, whisk, whisk to get the roux! (3-5 min until roux is medium brown.)
9. Add beef broth and continue to whisking. Bring to a boil until gravy starts to thicken (it will be a thin gravy). Add s&p to taste.
10. Add hamburger steak back to gravy and reduce heat. Continue cooking 15-20 min until steaks reach internal temp of 160 degrees.
11. Eat and Enjoy! Serve with mashed potatoes!

