**Salisbury Steak**

**Note:** No need for an additional carbohydrate since the main dish contains pasta

RECIPE

**INGREDIENTS**

* 5 pounds ground beef
* Salt and pepper
* 5 onions, chopped small
* 2 ½ teaspoons garlic powder
* 1-2 #10 cans pasta sauce
* Optional Ingredients:

minced garlic, diced bell pepper, diced tomatoes, oregano, thyme, parsley, basil, paprika, sugar, penne pasta

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**DIRECTIONS**

1. Combine ground beef, salt, pepper, onion and garlic powder in a large saucepan. Cook and stir until meat is brown. Drain grease.
2. Add pasta sauce. Simmer until meat and sauce reach 165 degrees.
3. Serve over preferred pasta topped with Parmesan cheese.

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| **Prep Time:** 10 minutes | **Cook Time:** 20 minutes | **Total Time:** 30 minutes | **Yield:** 20-25 servings |