

Whole30 Salisbury Steak with Mushroom Gravy

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Dear Run Land and Cattle Company Chili Ground Beef, thawed
Farmhouse Kitchen Mushroom Gravy, room temperature
Farmhouse Kitchen Red Wine Vinaigrette, stirred well before use
Farmhouse Kitchen Pecan Binder
Coyote Creek Farm Pasture-raised Egg
Johnson's Backyard Garden Collard Greens, washed
Bella Verdi Bibb Lettuce, root ball removed, washed and dried well
Olive Oil or Ghee
Salt and Pepper

Preheat oven to 375° F. Arrange the oven rack to the middle position.

STEP 1 Prepare collard greens. Chop tender stems and leaves into bite size pieces. Discard any tough woody stems. Set leaves and stems aside in a bowl. Tear lettuce into bite size pieces; set aside in fridge until just before serving. Form 'Salisbury steaks'. In a mixing bowl combine chili ground beef, pecan binder, egg, 1 tsp salt and pepper. Using your hands mix until all ingredients completely combined. Form two 1/2" thick football shaped patties and set aside.

STEP 2 Place a large cast iron skillet or oven safe skillet on medium-high heat. Just as skillet/pan begins to smoke, add 1 tbsp olive oil or ghee. Sear Salisbury steaks for 2 minutes until a brown crust forms and then flip over gently and continue to sear an additional 2 minutes. Remove from heat. Add collard greens to pan around 'steaks' and pour mushroom gravy over both components. Cook in the oven an additional 10-12 minutes or until internal temperature when inserted into the thickest part reads 155° F. Remove from oven, set aside and tent with foil to keep warm until serving.

STEP 3 Prepare the side salad. Add salt and pepper to taste. Toss red wine vinaigrette with lettuce. Set Aside.

STEP 4 To serve, scoop collard greens onto a plate. Top with salisbury steak. Spoon extra mushroom gravy over everything. Eat with a side of salad.

Enjoy!

Whole30 Salisbury Steak with Mushroom Gravy

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

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Farmhouse Kitchen Mushroom Gravy, room temperature
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Coyote Creek Farm Pasture-raised Egg
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Olive Oil or Ghee
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STEP 2 Place a large cast iron skillet or oven safe skillet on medium-high heat. Just as skillet/pan begins to smoke, add 2 tbsp olive oil or ghee. Sear Salisbury steaks for 2 minutes until a brown crust forms and then flip over gently and continue to sear an additional 2 minutes. Remove from heat. (NOTE: You may need to cook Salisbury steaks in batches) Add collard greens to pan around 'steaks' and pour mushroom gravy over both components. Cook in the oven an additional 10-12 minutes or until internal temperature when inserted into the thickest part reads 155° F. Remove from oven, set aside and tent with foil to keep warm until serving.

STEP 3 Prepare the side salad. Add salt and pepper to taste. Toss red wine vinaigrette with lettuce. Set Aside.

STEP 4 To serve, scoop collard greens onto a plate. Top with salisbury steak. Spoon extra mushroom gravy over everything. Eat with a side of salad.

Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Longhorn Chili Ground Beef - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Mushroom Gravy- If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: beef stock, onion, celery, carrot, Kitchen Pride crimini mushrooms, Patty's Herbs thyme, Patty's Herbs parsley, salt, pepper, tapioca starch)

Red Wine Vinaigrette- Store in the refrigerator. Use within 5 days. (Ingredients: red wine vinegar, dijon mustard, oregano, shallots, Texas Olive Ranch extra virgin olive oil, salt and pepper)

Pecan Binder - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: AustiNuts pecans, garlic-thyme salt, Texas Olive Ranch extra virgin olive oil)

Pasture-raised Egg - Store in the refrigerator. Use within 5 days.

Collard Greens - Store in the crisper drawer of the refrigerator. Use within 5 days.

Bibb Lettuce- Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

***Contains egg and nut containing ingredients.**

****Not made with gluten, dairy, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**