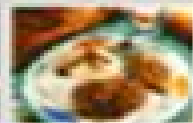


Name:

OK

Category: Yield: Servings: Recipe:

Notes:



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Spelling

Ingredients / Preparation ☐ Shopping List ☐ Check Prep ☐ RTF Editor ☐

Original Qty	Ingredient Name	Preparation	Recipe Qty
	-----Salisbury Steak -----		
1 Lb	Lean Ground Beef		8 Oz
1/3 Cup	Onion	Finely Chopped	2 Tbl+2 Tsp
1/4 Cup	Saltine Cracker Crumbs		2 Tbl
1	Egg White	Lightly Beaten	1/4
2 Tbl	Milk		1 Tbl
1 Tbl	Prepared Horseradish		1 1/4 Tsp
1/4 Tsp	Salt		1/8 Tsp
1/8 Tsp	Pepper		Pinch
	-----Mushroom Gravy -----		
1 1/2 Cups	Brown Beef Gravy (12 Oz Jar=)		1/4 Cup
4 Oz	Mushrooms	Sliced	2 Oz
2 Tbl	Water		1 Tbl

In a medium bowl combine salisbury steak ingredients, mixing lightly but thoroughly, shape into oval patties (1 for each serving) about 1/2 inch thick. Heat a large non-stick skillet over med heat until hot. Place beef patties in skillet and cook 7 to 8 minutes or until no longer pink and juices run clear, turning once. Remove from skillet and keep warm. In the same skillet, combine gravy ingredients and cook over medium heat 3 to 5 minutes or until mushrooms are tender. Serve over salisbury steak and mashed potatoes (if desired).

Per Serving: 407 Cal (43% from Fat, 39% from Protein, 12% from Carb), 39 g Protein, 22 g Tot Fat, 9 g Sat Fat, 9 g Mono Fat, 13 g Carb, 1 g Fiber, 40 mg Calcium, 5 mg Iron, 1042 mg Sodium, 110 mg Cholesterol

Recipe Programs For Computer

J Elliott



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1. Understanding the eBook Recipe Programs For Computer
 - The Rise of Digital Reading Recipe Programs For Computer
 - Advantages of eBooks Over Traditional Books
2. Identifying Recipe Programs For Computer
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Recipe Programs For Computer
 - User-Friendly Interface
4. Exploring eBook Recommendations from Recipe Programs For Computer
 - Personalized Recommendations
 - Recipe Programs For Computer User Reviews and Ratings
 - Recipe Programs For Computer and Bestseller Lists
5. Accessing Recipe Programs For Computer Free and Paid eBooks
 - Recipe Programs For Computer Public Domain eBooks
 - Recipe Programs For Computer eBook Subscription Services
 - Recipe Programs For Computer Budget-Friendly Options

6. Navigating Recipe Programs For Computer eBook Formats
 - ePub, PDF, MOBI, and More
 - Recipe Programs For Computer Compatibility with Devices
 - Recipe Programs For Computer Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Recipe Programs For Computer
 - Highlighting and Note-Taking Recipe Programs For Computer
 - Interactive Elements Recipe Programs For Computer
8. Staying Engaged with Recipe Programs For Computer
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Recipe Programs For Computer
9. Balancing eBooks and Physical Books Recipe Programs For Computer
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Recipe Programs For Computer
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Recipe Programs For Computer
 - Setting Reading Goals Recipe Programs For Computer
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Recipe Programs For Computer
 - Fact-Checking eBook Content of Recipe Programs For Computer
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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