

Salisbury Steak with Gravy (Organic, Gluten-Free, Mineral-Boosted)

Hi Sunday Chef,

You're not just cooking-you're crafting a masterpiece of nourishment tonight.

This isn't just another dinner-it's a bold step toward feeding your family clean, powerful nutrition with every bite.

Here's a recipe you can feel truly proud of: organic, gluten-free Salisbury Steak with Gravy-naturally seasoned, cooked in butter or ghee, and boosted with plant-derived minerals for extra wellness. Comfort food with a mission!

Ingredients:

- For the patties:

1½ lbs organic, grass-fed ground beef or sirloin

½ cup organic fresh spinach, finely chopped

1 organic egg

2 teaspoons homemade steak seasoning:

- 1 tsp sea salt

- ½ tsp black pepper

- ½ tsp garlic powder

- ½ tsp onion powder

- ¼ tsp smoked paprika

- For the veggies:

1 organic red onion, sliced

1 organic red bell pepper, sliced

4 oz organic mushrooms, sliced

- For the gravy:

3 tbsp organic salted butter

1 cup organic gluten-free beef broth

¼ cup organic coconut milk (full-fat for creaminess)

1 capful plant-derived minerals

Directions:

1. Preheat oven to 350°F.
2. Mix and form patties: In a bowl, combine the ground beef, spinach, egg, and homemade steak seasoning. Form into 6 patties.
3. Cook patties: Heat a skillet over medium heat. Add 1 tablespoon of salted butter or ghee and cook patties 3-4 minutes per side until browned. Transfer patties to a baking dish.
4. Sauté veggies: In the same skillet, add another tablespoon of butter or ghee. Sauté onions, peppers, and mushrooms for about 5 minutes until softened.
5. Make gravy: Stir in the remaining butter, beef broth, coconut milk, and plant-derived minerals. Bring to a boil, then reduce heat and simmer 2-3 minutes until slightly thickened.
6. Bake: Pour the veggies and gravy over the patties in the baking dish. Cover with foil and bake for 10 minutes.
7. Serve: Spoon extra sauce and veggies over each patty. Pair with steamed organic green beans or mashed organic cauliflower for a perfect meal.

Why add plant-derived minerals?

Plant-derived minerals deliver 77 naturally occurring trace minerals that support energy, digestion, and bone health-turning every meal into a wellness win.

You've got this, Chef. Let me know if you make it-or if you'd like more clean, powerful recipes like this.