



Simple Hamburger Steak Dinner



Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes

Serves: 4

Ingredients:

You will need:

- 1 lb ground beef
- ½ cup rolled oats
- 1 cup broth, split in two portions
- 1 pouch condensed mushroom soup
- 1 pouch instant mashed potatoes
- 2 cans green beans
- Optional: 1 tsp Worcestershire sauce
- Optional: spices like garlic and onion powder

Mobile
Market
Ingredients

Cooking Utensils / Appliances:

- Stovetop
- Skillet
- Mixing bowls & utensils
- Small pot

Instructions:

1. Mix the ground beef, oats, ½ cup broth, and salt/pepper. Form 4 oval shaped patties.
2. Heat 1-2 tbsp of oil in a skillet over medium heat. Brown the patties 3-4 minutes per side. Remove to a plate.
3. In the same skillet, stir in the mushroom soup and other ½ cup of broth. Mix until smooth.
4. Add the Worcestershire and additional spices, if using, and bring to a gentle simmer.
5. Return the patties to the skillet. Cover and simmer for 12-15 minutes, flipping once, until patties are cooked through and gravy thickens. While patties are simmering, prepare the mashed potatoes according to package directions and heat the green beans either in a small pot on the stovetop or in the microwave. Drain any excess water before serving.
6. Serve the hamburger steak with the mashed potatoes and the green beans.

Approximate Measurements

