

# Salisbury Steak

## A Freeze Dried Pantry Recipe

[Nessa's Nook: Salisbury steak and homemade gravy with Freeze dried steaks](#)

### Ingredients:

4 Raw Freeze Dried Salisbury Steak Patties

Water

Brown Gravy Mix  
(Recipe in Freeze Dried Pantry section)

Onion Soup Mix  
(Recipe in Freeze Dried Pantry Section)

¼-½ C Freeze Dried Onions

Freeze Dried Mushrooms to taste



### Directions:

1. Place Freeze Dried Salisbury steak patties in a container, and add boiling water to them, let them set for 3-5 minutes, then flip over, add more boiling water if needed.
2. Make brown gravy with onion soup mix added (see the recipe in Freeze Dried Pantry for directions for making brown gravy) in your instant pot adding the freeze dried onions as you cook up the gravy. Add freeze dried mushrooms.
3. Add your Salisbury steak patties, set to High Pressure for 3 minutes.
4. Release the pressure, and serve pouring gravy over the meat.



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray