

Ground Turkey Breast Salisbury Steak in Mushroom Gravy

Printable grocery list - Serves 4

- ☐ Ground turkey breast (2 lb)
- ☐ Egg (1, yolk only)
- ☐ Whole wheat panko crumbs (1/3 cup)
- ☐ Onions (1 small, 1 medium)
- ☐ Mushrooms (1 lb)
- ☐ Heinz fat-free beef gravy (2 jars, 12 oz or larger)
- ☐ G Hughes sugar-free ketchup
- ☐ Kitchen Bouquet browning and seasoning sauce
- ☐ Garlic powder
- ☐ Dried parsley
- ☐ Olive oil
- ☐ Salt and pepper
- ☐ Vegetable cooking spray