

Salisbury Steak with Mushroom and Onion Gravy

For the patties:

- 2 lb ground beef (80/20 works well)
- 1/2 cup breadcrumbs
- 1 tbsp Worcestershire sauce
- 1 egg
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- Optional: 1 tbsp ketchup or Dijon mustard



For the mushroom onion gravy:

- 1 large onion, thinly sliced
- 1 cup mushrooms, sliced (button or cremini)
- 2 tbsp butter
- 2 tbsp flour
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- Optional: 1 tsp soy sauce or a spoonful of ketchup
- Shortcut: Use 1 packet store-bought brown gravy mix and stir in sautéed mushrooms and onions

Instructions

1. Make the patties: In a large bowl, combine the ground beef, breadcrumbs, Worcestershire sauce, egg, garlic powder, onion powder, salt, and pepper. Mix until

just combined. Shape into 6 oval patties.

2. Brown the patties: Heat a drizzle of oil in a large skillet over medium-high heat. Brown the patties on both sides, about 3–4 minutes per side. Remove and set aside.

3. Sauté the vegetables: In the same skillet, melt butter over medium heat. Add the onions and mushrooms. Cook for 8–10 minutes, stirring occasionally, until softened and golden.

4. Make the gravy: Sprinkle the flour over the vegetables and stir well to coat. Cook for 1–2 minutes. Gradually pour in the beef broth, stirring constantly. Add Worcestershire and optional soy sauce or ketchup. Simmer until slightly thickened, 3–5 minutes.

5. Simmer the patties: Return the patties to the pan. Cover and simmer for 10–15 minutes, until cooked through and tender.

6. Serve: Serve warm with mashed potatoes, rice, or noodles—spooning extra gravy over the top.

Note & Storage

- Store leftovers in an airtight container in the fridge for up to three days.
- To reheat, warm gently in a skillet with a splash of broth or water.
- This dish is freezer-friendly; allow to cool completely, then freeze for up to two months.