

Salisbury Steak 2



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Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 25 minutes

Cook Time: 1 hours 0 minutes

Ingredients

For the patties:

- 2 lb of Ground Beef
- 2 tsp of Granulated Garlic
- 2 tsp of Granulated Onion
- 1 tsp of Beef Bouillon Powder
- 2 tsp of Dried Parsley
- 1 Egg
- 1/2 cup of Bread Crumbs
- 3 Tbsp of Ketchup
- 1 Tbsp of Worcestershire Sauce
- Pinch of Salt and Black Pepper
- Drizzle of Olive Oil or any neutral oil

For the Gravy:

- 1lb of Sliced Mushrooms, I like button or cremini mushrooms
- 1 Onion, thinly sliced
- 3 Tbsp of Unsalted Butter
- 3 Cloves of Garlic, minced
- 4 Tbsp of Flour
- 3.5 cups of Beef Broth
- 1 Tbsp of Worcestershire Sauce
- Salt and Pepper to taste

1) In a large bowl, add everything in for the patties, mix together well to combine, form into 6 or 8 patties (depending on how big you want them) make sure to flatten them a bit because they will puff up as they cook. Sear them on both sides in a non-stick skillet and set aside.

2) In the same skillet with any leftover drippings, add the butter, along with the mushrooms and onions, add a pinch of salt, saute for about 8 minutes or so, or until they soften and develop some color around the edges, add the garlic and cook for 30 more seconds.

3) Sprinkle the flour over the mushrooms, stir them in until the flour is incorporated, then add the beef stock along with more Worcestershire sauce, nestled the seared patties in the broth, bring to a boil, partially cover, lower the temperature to medium low and simmer for about 45 minutes, adjust the seasoning to taste, sprinkle with some parsley and serve over mashed potatoes.

