



Noreen's Kitchen

Classic Salisbury Steak with

Mushroom Gravy

Ingredients

Serves 6

Salisbury Steak

2 pounds ground beef
1 cup dry bread crumbs
1/4 cup milk
2 eggs
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon steak seasoning
1 teaspoon Worcestershire sauce
1/4 cup tomato ketchup

Mushroom Gravy

1 1/2 pounds mixed mushrooms, sliced
1 large onion, quartered and sliced thin
3 cups beef stock
1 cup mushroom stock
1/4 cup Wondra flour or all purpose flour
4 tablespoons butter

Step by Step Instructions

Preheat oven to 350 degrees.

Mix all of the ingredients for the salisbury steaks together, except for the ketchup. Blend well with hands or in a mixer.

Form meat mixture into six, equal sized, oval shaped patties. Place on a baking sheet lined with foil and/or parchment paper

Spoon or squeeze a bit of ketchup on each patty and brush evenly to coat.

Bake Salisbury steaks for 25 to 30 minutes or until the meat is cooked through.

While meat is baking, prepare the gravy. Melt butter in a large, heavy bottomed, deep skillet.

Sautee the onions and mushrooms until they are tender and the onions are translucent.

Pour stock into the pan with the vegetables.

Sprinkle Wondra flour over the contents of the pan and gently whisk to combine. Continue to whisk over medium heat until the mixture thickens to a gravy consistency.

NOTE: if you are not using Wondra flour, use 1/4 of all purpose flour and 1 cup of the cooled stock. Mix together and add it to the mixture in the pan and proceed.

When steaks have finished cooking, add them to the hot mushroom gravy and place a lid on the pan. Allow to simmer over medium heat for 10 minutes.

Serve with your favorite veggies and side for a truly comfort filled meal!

Enjoy!