

Salisbury Steak

Salisbury Steak is a comforting classic that is easy to make and even easier to love. Made from scratch with the perfect mushroom gravy, everyone will be begging for seconds.



Prep Time
5 mins

Cook Time
35 mins

Total Time
40 mins

Course: Main Course Cuisine: American Keyword: comfort food
Servings: 4 servings Calories: 474kcal Author: Lisa Longley

★★★★★
5 from 3 votes

Ingredients

Salisbury Steak

- 1 pound ground beef (85/15)
- 1/2 small yellow onion grated fine
- 1/2 cup Italian seasoned breadcrumbs (read how to make this recipe low carb or gluten free here: Low Carb Salisbury steak)
- 1 large egg whisked
- 2 cloves garlic minced
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 1 teaspoon kosher salt
- 1/2 teaspoon ground mustard
- 1/2 teaspoon ground black pepper

Gravy

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 small yellow onion diced
- 2 cloves garlic minced
- 1/2 teaspoon kosher salt
- dash ground black pepper
- 4 ounces white button mushrooms sliced
- 2 tablespoons all purpose flour
- 3 cups beef broth
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce

Instructions

1. In a large bowl, combine the beef, grated onion, breadcrumbs, egg, garlic, ketchup, Worcestershire sauce, kosher salt, ground mustard, and black pepper.
2. Divide the meat mixture into four equal patties that oval shaped and approximately 1/2 an inch thick. Set aside.
3. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the steaks and brown each side, about 2 minutes per side. No need to cook them all the way through. Remove from the skillet and set aside.
4. Melt the butter in the skillet. Add in the onion and garlic, season with salt and pepper, and sauté for about 3 minutes. Add in the mushrooms and cook until tender, about 5 minutes.

5. Add the flour to the pan and toss the mushrooms in it. Slowly add in the beef stock, scraping up the browned bits as you slowly whisk it in to the skillet. Stir in the ketchup and Worcestershire sauce. Turn up the heat. Bring to a simmer, bring the heat back down, and cook for 10 minutes, stirring occasionally.
6. Add the browned steaks (plus any liquid that has accumulated on the plate), and cook for 5 more minutes, or until the steaks are cooked through and the gravy has thickened.

Nutrition

Serving: 1steak with gravy | Calories: 474kcal | Carbohydrates: 20g | Protein: 27g | Fat: 32g | Saturated Fat: 12g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 14g | Trans Fat: 2g | Cholesterol: 129mg | Sodium: 1657mg | Potassium: 674mg | Fiber: 2g | Sugar: 4g | Vitamin A: 185IU | Vitamin C: 5mg | Calcium: 90mg | Iron: 4mg