

Homemade Salisbury Steak

This Homemade Salisbury Steak recipe with rich and silky mushroom gravy is made completely from scratch in just 30 minutes. Serve it over mashed potatoes for a comforting, nostalgic meal.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Main Course Cuisine: American Servings: 4
Calories: 486kcal Author: Valerie Brunmeier



★★★★★

5 from 49 votes

Ingredients

For the Salisbury Steak Patties

- 1 egg
- ½ cup Italian seasoned Panko breadcrumbs
- 1 tablespoon ketchup or tomato paste
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- freshly ground black pepper to taste
- 1 ½ pounds 85% to 90% lean ground beef
- 2 tablespoons olive oil or as needed, divided

For the Mushroom Onion Gravy

- 1 small sweet yellow onion halved and thinly sliced
- 8 ounce cremini mushrooms sliced
- 2 cups low sodium beef broth
- 1 tablespoon ketchup or tomato paste
- 1 tablespoon low sodium soy sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 2 teaspoons cornstarch
- 2 teaspoons water
- browning sauce like Kitchen Bouquet a few drops for color (optional)
- salt and freshly ground black pepper to taste
- fresh Italian parsley or other fresh herbs (optional garnish)

Instructions

Salisbury Steak Patties

1. In a large bowl, whisk the egg with a fork. Stir in the bread crumbs, ketchup (or tomato paste), Dijon, Worcestershire sauce, salt and pepper. Add the ground beef and mix well. Form into 4 to 6 oval patties no more than ½-inch thick.
2. Add 1 tablespoon oil to a large, deep nonstick skillet or sauté pan and place it over MEDIUM-HIGH heat. Add the patties and cook until browned on both sides and cooked through with an internal temperature of 150 to 155 degrees F. Transfer the patties to a plate and set aside.

Mushroom Onion Gravy

1. Pour off any grease from the skillet and place it over MEDIUM heat (wipe out any big burned bits with a paper towel). Add the sliced onions and cook until softened and just beginning to get

brown around the edges, about 3 to 4 minutes. Add the mushrooms and cook for a few more minutes until the mushrooms are softened. Season with a pinch of black pepper.

2. Add the beef broth, ketchup (or tomato paste), soy sauce, Worcestershire sauce, and mustard and stir to combine. In a small bowl whisk the cornstarch with water and add the slurry to the skillet. Stir for a minute or two until the sauce thickens. For richer color and deeper flavor, add a few drops of browning sauce. Taste and season with additional salt and pepper, only if needed
3. Add the beef patties back to the skillet and spoon the mushroom and onion gravy over the top.
4. Garnish with parsley and serve over mashed potatoes.

Notes

Variations

- Replace up to half of the ground beef with lean ground pork or turkey for a slightly different flavor profile.
- Eliminate the onions from the gravy if you have finicky eaters.
- Add a touch of heavy cream or half and half to the gravy for a rich, velvety finish.
- Sprinkle the finished dish with fresh herbs like parsley or thyme for a fresh boost of flavor.

Freezer Instructions

To freeze for a future meal, place the uncooked patties on a parchment paper lined baking sheet and freeze for about two hours or until solid. Transfer the frozen patties to a freezer safe plastic storage bag and the prepared gravy to a separate freezer safe container and freeze for up to 2 to 3 months. Thaw the frozen patties and gravy overnight in the refrigerator before cooking as directed in the recipe.

To freeze leftovers, allow them to cool completely before transferring to a freezer safe airtight container and transfer them to the freezer. Once thawed, they can be reheated gently in a skillet on the stove or in the microwave.

Nutrition

Calories: 486kcal | Carbohydrates: 20g | Protein: 42g | Fat: 26g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 1g | Cholesterol: 152mg | Sodium: 986mg | Potassium: 1202mg | Fiber: 2g | Sugar: 5g | Vitamin A: 134IU | Vitamin C: 3mg | Calcium: 80mg | Iron: 5mg