



Salisbury Steak with Mushroom Gravy



Ingredients:

- 1 lb. Ground beef, 90% lean
- ½ Onion, finely diced
- 2 Garlic cloves, minced
- ⅓ Cup panko bread crumbs
- 1 Large egg
- 1 ½ tsp Worcestershire sauce
- 2 tsp Mayonnaise
- 1 tsp Sea salt
- ½ tsp Black pepper
- 1 ½ tsp Italian seasoning
- 1 TBLS Ketchup
- 1 ½ tsp Whole milk
- 2 tsp Dijon mustard
- 1 TBLS Olive oil, to sauté

Ingredients for the Mushroom Gravy:

- ½ Yellow onion, finely diced
- 1 TBLS unsalted butter
- 8 oz Mushrooms, sliced
- 2 Garlic cloves, minced
- 2 TBLS all-purpose flour
- 1 ½ Cup beef broth, + ½ cup water
- ½ tsp Worcestershire sauce
- ½ tsp Dijon mustard
- 2 tsp Ketchup
- ¼ tsp Sea salt
- ⅛ tsp Ground black pepper

Method for the Steaks:

1. In a bowl combine all of the ingredients for the beef patties (except the oil). Mix until well incorporated and shape into 4 oval or round patties flattening the center for even thickness throughout.



2. Heat 1 TBLS oil in a non-stick pan, once hot, add patties to the skillet and cook until patties are golden brown on both sides and fully cooked. Remove the patties from the skillet and cover to keep warm.
3. Sauté $\frac{1}{2}$ onion (you can also slice onion into thin slices, whatever your personal preference is) in the same skillet. Once the onion starts to become tender, add the garlic and butter and mix.
4. Add the mushrooms and sauté until browned, mixing frequently. Lightly season with salt and pepper.
5. In a bowl, whisk together all of the remaining gravy ingredients, then pour into the mushrooms and cook until the gravy thickens.
6. Add the patties back to the pan and completely cover with the gravy and mushrooms and cook just until patties are heated through.