

Salisbury Steak Dinner with Mushroom and Onion Gravy

Adapted from Lemony Thyme

For the Salisbury Steak:

1 pound ground beef
1/4 cup finely diced sweet onion
1/4 cup Panko bread crumbs, unseasoned
1 egg, whisked
1 tablespoon Worcestershire sauce
2 tablespoons fresh parsley, minced
1 teaspoon minced garlic
Lots of ground black pepper, to taste
Mrs. Dash Garlic and Herb, or salt, to taste

For the Mushroom and Onion Gravy:

2 tablespoons butter
8 ounces sliced mushrooms
3/4 cup sweet onion, thinly sliced
1/4 teaspoon dried, crushed oregano
3 tablespoons flour
2 cups homemade or low sodium beef broth
Ground black pepper to taste
Mrs. Dash Table Blend, or salt, to taste

Combine the Salisbury Steak ingredients in a bowl and form into 4 patties. Melt the butter in a large skillet over medium heat, and cook the patties about 5 minutes on each side until browned. Remove from the skillet to a plate and set aside.

In the same skillet over medium heat, add the butter and mushrooms and cook, stirring often, until they start to release their liquid, at least 7 to 10 minutes. Add the oregano (or other herb to taste, fresh or dried). Sprinkle the flour over the vegetables, stirring and mashing the flour to incorporate. Gradually stir in the beef broth, whisking constantly. You might want to up the heat a tad at this point. Bring the mixture to a simmer, then nestle the beef patties into the gravy. Simmer the patties for about 10 more minutes until cooked through, flipping them over halfway through the simmering process.

Serve each "steak" over mashed potatoes slathered with a generous serving of the mushroom and onion gravy, and a side vegetable of choice.

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