

Salisbury Steak

Courtesy of Addie Grundy - Retro Recipes from the 50's and 60's

Ingredients:

For Patties:

- 1 lb ground beef
- 1/2 cup bread crumbs
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil

For Sauce:

- 1 tbsp olive oil
- 1 cup minced onion
- 4 ounces sliced mushrooms
- 1 tsp dried thyme
- 1 tbsp Worcestershire sauce
- 3 tbsp flour
- 2 cups beef broth
- 1 tsp tomato paste

Directions:

In a large bowl, combine all ingredients for patties except olive oil in a bowl until well blended. Form into 4 patties about 1/2 inch thick and press a dimple into the top of each patty. Chill for 30 minutes.

Meanwhile in a large skillet over medium-high heat, heat olive oil until shimmering. Add patties and cook until nearly cooked through and browned - about 4 minutes per side. Set aside and keep warm.

In the same pan add olive oil, onion, mushrooms and garlic, stirring until onions are translucent - about 5 minutes. Sprinkle with flour and cook, stirring until the flour has been absorbed - about 1 minute. Gradually add broth, Worcestershire, and tomato paste while stirring and loosening any browned bits from the bottom. Let simmer 2 minutes.

Return patties to pan with sauce and cook at a simmer for 8-10 minutes, flipping halfway through.

Drizzle meat with sauce and serve with mashed potatoes.