

Salisbury Steak w/ Mushroom Gravy

Ingredients:

Meat

- 1 1/2 pounds ground beef sirloin (3 half pound patties)
- 1 small onion, finely chopped
- 1 tablespoon Worcestershire sauce
- 1 tablespoon steak seasoning
- 1 teaspoon salt
- 1 teaspoon pepper

Gravy

- 12 baby Portobello mushrooms chopped (you can use any mushrooms you prefer)
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups beef stock
- 2 tablespoons Olive Oil

- In a mixing bowl blend meat and chopped onions with salt, pepper, steak sauce and Worcestershire sauce. Form patties.
- Preheat large skillet over medium high heat. Add 2 tablespoons of extra-virgin olive oil and the meat patties to a hot pan.
- Cook meat patties for 5 minutes on each side or until meat is cooked on each side.
- Remove meat and cover to keep warm.
- Add butter to the same pan, then the mushrooms. Season mushrooms with salt and pepper and sauté mushrooms until tender, approx 5 minutes.
- Whisk in beef stock and thicken 1 minute.
- Add flour to the pan and cook 3 minutes more.
- Place beef patty on a plate and pour mushroom gravy over the patty.
- Serve with mashed potatoes.

