



LowCarb Salisbury Steak

Jacob · 28/09/2024



Prep Time

49 mins

Difficult

Medium

Servings

6

Description

The steaks are full of flavor and are good on their own Then you add the mushroom gravy and its beyond delicious

Ingredients

- - 2 pounds ground beef - 1 onion
- diced - 2 eggs - 1 tablespoon Worcestershire sauce - 1 tablespoon dried parsley flakes - 2 teaspoons salt - ½ teaspoon garlic powder - ½ teaspoon onion powder (Optional) - ½ teaspoon ground black pepper - 7 tablespoons butter - 2 cups sliced button mushrooms
- or more to taste - 1 tablespoon all-purpose flour - 1 cup beef broth - 1 teaspoon Worcestershire sauce - ½ cup sour cream - salt and ground black pepper to taste

Instructions

1. Mix ground beef
2. onion
3. eggs
4. 1 tablespoon Worcestershire sauce
5. parsley
6. 2 teaspoons salt
7. garlic powder
8. onion powder
9. and 1/2 teaspoon pepper together in a bowl. Split steak mixture into 6 portions and form into patties. Heat a large skillet over medium-high heat. Cook patties
10. 3 at a time
11. until slightly browned on one side
12. about 5 minutes. Flip and cook until other side is browned
13. about 5 minutes more. Repeat with remaining patties
14. pouring off any excess liquid. Place Salisbury steaks on a plate and cover with aluminum foil to maintain heat
15. or keep them warm in the oven. Melt butter in the same skillet over medium heat. Add mushrooms and cook until golden brown
16. about 5 minutes. Transfer mushrooms to a bowl
17. reserving butter in the skillet. Stir flour into the butter until dissolved. Pour in beef broth slowly
18. stirring until thickened
19. about 7 minutes. Add 1 teaspoon Worcestershire sauce; cook
20. stirring frequently
21. until gravy starts to thicken slightly
22. about 5 minutes. Add sour cream and season with salt and pepper. Cook
23. stirring until all sour cream is melted and gravy is light brown
24. about 2 minutes. Stir mushrooms back into the gravy. Remove from heat and let cool until thickened
25. about 2 minutes. Ladle gravy and mushrooms over steak patties. Recipe Tip Use high-fat ground beef if possible.