Easy Salisbury Steak

Seasoned beef patties in a homemade gravy with onions, served over egg noodles

Yield:

4 servings

Ingredients:

8 ounces egg noodles, cooked according to package instructions and tossed with 2 tablespoons butter
1 pound ground beef or turkey
2 tablespoons Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon black pepper
5 tablespoons butter
1 large onion, sliced
1 minced clove garlic, optional
1/4 cup flour
1 cup milk
1 1/2 cups water
2 teaspoons dried parsley flakes
1 teaspoon beef bouillon, optional
salt and pepper to taste

Instructions:

1. Using hands, mix the meat with 1 tablespoon of the Worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Form into four patties, each about 1/2-inch thick.

2. In a large non-stick skillet, melt 1 tablespoon of the butter over medium heat. Lay patties in pan and brown for about 7 minutes on the first side. Flip patties and add sliced onions and minced garlic, if using. Brown for about 10 more minutes.

3. Put patties and onions into a strainer to drain the excess grease, and in the meantime, heat the remaining 4 tablespoons of butter over medium heat in the same skillet you used before. When butter is melted, add flour and stir until mixed. Add milk, water, the remaining tablespoon of Worcestershire sauce, and parsley (and beef bouillon if using) and whisk or stir briskly to combine. Heat until mixture is bubbly and thickens, stirring constantly to avoid lumps.

4. Return meat and onion mixture to skillet and stir in with the sauce. Reduce heat to medium-low and cover pan with lid. Cook for about 8 minutes. Add salt and pepper to taste. Serve over the cooked egg noodles.



This recipe is from Tammy’s Recipes.