

Prep Time: 20 minutes | Cook Time: 35 minutes | Total Time: 55 minutes | Difficulty: Easy |
Calories: 480 kcal per serving

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Introduction

Salisbury steak is a beloved American comfort food classic that has graced dinner tables since the late 19th century. Named after Dr. James Henry Salisbury, an American physician who promoted a high-protein diet of ground beef, this dish transformed simple ground meat into something extraordinary. Unlike a traditional hamburger, Salisbury steak is shaped into oval patties, seared to golden perfection, and then simmered in a rich, savory onion gravy that clings to every bite.

This recipe delivers everything you crave from a home-cooked meal: juicy, tender patties infused with Worcestershire sauce and garlic, smothered in a deeply caramelized onion gravy that's velvety and full of flavor. It's the kind of dish that fills your kitchen with an irresistible aroma and brings everyone running to the table. Serve it over creamy mashed potatoes, buttered egg noodles, or fluffy white rice to soak up every drop of that glorious gravy.

Whether you're cooking for a weeknight family dinner or preparing a hearty meal for guests, this Salisbury steak recipe is foolproof, affordable, and endlessly satisfying. Let's get cooking!

Ingredients

For the Salisbury Steak Patties:

- 1 ½ pounds (680 g) ground beef (80/20 blend recommended for juiciness)
- ½ cup plain breadcrumbs
- 1 large egg, beaten
- ¼ cup whole milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 1 tablespoon olive oil (for searing)

For the Onion Gravy:

- 2 large yellow onions, thinly sliced
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 2 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme
- ½ teaspoon kosher salt (adjust to taste)

- ¼ teaspoon freshly cracked black pepper
 - 1 tablespoon fresh parsley, chopped (for garnish)
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Instructions

Step 1: Prepare the Patty Mixture (Time: 5 minutes | Intensity: Low)

In a large mixing bowl, combine the ground beef, breadcrumbs, beaten egg, milk, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Using clean hands or a fork, gently mix the ingredients until just combined. Important: Do not overmix, as this will make the patties tough. The mixture should hold together without being compacted.

Step 2: Shape the Patties (Time: 5 minutes | Intensity: Low)

Divide the meat mixture into four equal portions. Shape each portion into an oval patty about ¾-inch thick. Press a slight indentation in the center of each patty with your thumb — this helps prevent the patties from puffing up during cooking. Set the patties aside on a plate.

Step 3: Sear the Patties (Time: 8 minutes | Intensity: Medium-High)

Heat the olive oil in a large skillet over medium-high heat until shimmering. Carefully place the patties in the skillet and cook for 3–4 minutes per side, until deeply browned. The patties will not be fully cooked at this stage — that's intentional. Transfer them to a plate and set aside. Reserve the drippings in the skillet.

Step 4: Caramelize the Onions (Time: 10 minutes | Intensity: Medium)

Reduce the heat to medium. Add the butter to the skillet with the reserved drippings. Once melted, add the sliced onions. Cook, stirring occasionally, for 8-10 minutes until the onions are soft, golden, and fragrant. If the pan gets too dry, add a splash of beef broth to deglaze.

Step 5: Build the Gravy (Time: 5 minutes | Intensity: Medium)

Sprinkle the flour over the caramelized onions and stir continuously for 1 minute to cook out the raw flour taste. Slowly pour in the beef broth while whisking constantly to prevent lumps. Add the Worcestershire sauce, Dijon mustard, thyme, salt, and pepper. Stir well to combine.

Step 6: Simmer the Steaks in Gravy (Time: 12 minutes | Intensity: Low-Medium)

Return the seared patties to the skillet, nestling them into the gravy. Spoon some gravy over the tops of the patties. Cover the skillet with a lid and simmer on low-medium heat for 10-12 minutes, or until the patties are cooked through (internal temperature of 160°F / 71°C) and the gravy has thickened to a glossy, pourable consistency. Stir occasionally and add a splash of broth if the gravy becomes too thick.

Step 7: Rest and Garnish (Time: 5 minutes | Intensity: Low)

Remove the skillet from the heat and let the Salisbury steaks rest in the gravy for 5 minutes. This allows the juices to redistribute and the flavors to meld. Sprinkle with fresh chopped parsley before serving.

Step 8: Serve (Time: 2 minutes | Intensity: Low)

Serve each patty generously smothered in onion gravy alongside mashed potatoes, egg noodles, or steamed rice. Enjoy immediately!

Timing and Intensity Summary

Step	Time	Intensity
Prepare Patty Mixture	5 min	Low
Shape Patties	5 min	Low
Sear Patties	8 min	Medium-High
Caramelize Onions	10 min	Medium
Build Gravy	5 min	Medium
Simmer Steaks in Gravy	12 min	Low-Medium
Rest and Garnish	5 min	Low
Serve	2 min	Low
Total	55 min	Moderate

Nutrition Information (Per Serving)

Nutrient	Amount
Calories	480 kcal
Total Fat	28 g
Saturated Fat	11 g
Trans Fat	0.5 g
Cholesterol	135 mg
Sodium	890 mg
Total Carbohydrates	22 g
Dietary Fiber	2 g
Total Sugars	5 g
Protein	34 g
Vitamin D	0.3 mcg
Calcium	65 mg

	Nutrient	Amount
Iron		4.2 mg
Potassium		620 mg