

Prep time: 15 minutes

Cook time: 4 to 6 hours

Total time: 4 hours 15 minutes (on High) or 6 hours 15 minutes (on Low)

Yield: 6 servings

Intensity Level: Easy / Beginner-Friendly

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Ingredients

For the Salisbury Steak Patties:

- 1.5 lbs (680g) Ground beef (80/20 blend recommended)
- 1/2 cup Plain breadcrumbs (Substitute almond flour or crushed pork rinds for low-carb/keto)
- 1 Large egg, lightly beaten

- 2 tbsp Ketchup or tomato paste
- 1 tbsp Worcestershire sauce
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1/2 tsp Salt
- 1/2 tsp Black pepper

For the Mushroom Onion Gravy:

- 2 cups Beef broth, low sodium
- 1 packet (1 oz) Dry French onion soup mix
- 1 tbsp Worcestershire sauce
- 8 oz (225g) Fresh mushrooms (cremini or white button), sliced
- 1 Large yellow onion, halved and thinly sliced

- 2 tbsp Cornstarch (mixed with 2 tbsp cold water to create a slurry)
- Fresh parsley, chopped (for garnish)

Instructions

1. Prepare the Meat Mixture: In a large mixing bowl, combine the ground beef, breadcrumbs (or low-carb substitute), beaten egg, ketchup, Worcestershire sauce, garlic powder, onion powder, salt, and black pepper. Use your hands to gently mix the ingredients together until just combined. Do not overwork the meat.
2. Shape the Patties: Divide the meat mixture into 6 equal portions. Shape each portion into an oval patty, about 1/2-inch thick. Press your thumb gently into the center of each patty to create a slight indent (this keeps them flat while cooking).
3. Optional Sear: Heat a large skillet over medium-high heat with a splash of olive oil. Sear the patties for 2 to 3 minutes per side until a brown crust forms. (The meat does not need to be cooked through). Remove from heat.
4. Layer the Slow Cooker: Scatter the sliced onions and sliced mushrooms evenly across the bottom of the slow cooker insert.
5. Add the Patties: Arrange the formed beef patties on top of the bed of mushrooms and onions.
6. Mix the Broth: In a medium bowl, whisk together the beef broth, dry French onion soup mix, and 1 tablespoon of Worcestershire sauce. Pour this mixture carefully over the

beef patties and vegetables in the slow cooker.

7. **Slow Cook:** Place the lid securely on the slow cooker. Cook on LOW for 5 to 6 hours or on HIGH for 3 to 4 hours, until the beef patties are fully cooked through and tender.
8. **Thicken the Gravy:** About 30 minutes before serving, carefully remove the beef patties from the slow cooker and transfer them to a plate; cover with foil to keep warm. Whisk the cornstarch and cold water together in a small bowl to create a smooth slurry. Pour the slurry into the bubbling liquid in the slow cooker and whisk well to combine.
9. **Final Simmer:** Return the beef patties to the slow cooker. Cover and cook on HIGH for an additional 15 to 20 minutes, or until the gravy has thickened to your desired consistency.
10. **Serve:** Serve the Salisbury steaks hot, generously spooning the rich mushroom and onion gravy over the top. Garnish with fresh chopped parsley.

Storage and Reheating

- **Refrigerator:** Store leftover Salisbury steak and gravy in an airtight container in the refrigerator for up to 4 days.
- **Freezer:** This meal freezes beautifully. Allow the steaks and gravy to cool completely, then transfer to a freezer-safe container or heavy-duty freezer bag. Freeze for up to 3 months. Thaw overnight in the refrigerator before reheating.
- **Reheating:** Reheat gently in a saucepan on the stovetop over medium-low heat until

warmed through, or heat in the microwave in 1-minute bursts, stirring the gravy in between.

Nutritional Information (Per Serving - 1 Patty with Gravy)

Note: Nutritional values are approximate and will vary slightly based on specific brands of ingredients used and if low-carb substitutions are made.

- Calories: 320 kcal
- Protein: 25 g
- Carbohydrates: 12 g
- Dietary Fiber: 2 g
- Sugars: 3 g
- Fat: 18 g
- Saturated Fat: 7 g
- Cholesterol: 95 mg
- Sodium: 750 mg