

Salisbury Steak

Recipe by: Cook's Country February/March 2014, modified by the O'Connor clan

Servings: 4

Amount	Ingredient	Prep Notes
1/2 cup	milk	
6 tablespoons	instant potato flakes	
1/2 teaspoon	salt	
1/2 teaspoon	pepper	
1 pound	ground beef	
1/4 cup	butter	
1 cup	onion	chopped
16 ounces	white mushrooms	sliced
2 tablespoons	flour	
4 teaspoons	tomato paste	
2 cups	beef broth	
1/4 cup	red wine	

- combine milk, potato flakes, salt, and pepper to form a panade
- mix ground beef into panade until combined, then shape into patties of the desired size
- melt half of the butter in a skillet over medium-high heat then add the patties and cook until browned on both sides, ~5 minutes per side
- remove patties from skillet and set aside
- melt the remainder of the butter in the now empty skillet, then add the onion and cook until softened and browned
- add the mushrooms and cook until they're also softened and starting to brown
- stir in the flour and tomato paste and cook briefly then slowly add the beef broth and red wine, stirring constantly
- return the patties to the skillet, reduce heat, cover, and cook until the patties are cooked through, ~10 minutes
- remove patties from the skillet and simmer the sauce until it's thickened

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- *note:* can be made up ahead of time and frozen
 - *note:* works well as sandwiches or sliders with a slice of cheese