

# SALISBURY STEAK

## Ingredients:

- 1 (10 1/2 ounce) can French onion soup
- 1 1/2 lbs ground beef
- 1/2 cup breadcrumbs (you can use panko or regular)
- 1 egg
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon all-purpose flour
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon Dijon mustard
- 1/4 cup beef broth or water

## Instructions:

1. In a large bowl, combine the ground beef, breadcrumbs, egg, garlic powder, onion powder, salt, and pepper. Mix until well combined.
2. Shape the mixture into 6 oval patties.
3. Heat a large skillet over medium-high heat. Brown the patties on both sides, about 3-4 minutes per side. Remove the patties from the skillet and set aside.
4. In the same skillet, reduce the heat to medium. Sprinkle the flour over the drippings and cook, stirring constantly, for about 1 minute.
5. Gradually stir in the French onion soup, ketchup, Worcestershire sauce, mustard, and beef broth or water. Cook, stirring constantly, until the mixture thickens, about 3-4 minutes.
6. Return the patties to the skillet, spooning the sauce

over them. Cover and simmer for 15-20 minutes, or until the patties are cooked through and the sauce is thickened.

7. Serve the Salisbury steaks hot, garnished with chopped parsley if desired.