

## Very Best Salisbury Steak

Yield: Serves 4 | Prep Time: 15 minutes plus 30 minutes chilling time | Cook Time: 20 minutes

TV dinners first made their mark in the early 1950s, and as families began to pair dinner and their favorite TV shows, like *I Love Lucy* and *Dragnet*, meals like Salisbury steak rose into prominence. Don't worry, though—just because this version is homemade doesn't mean you can't still eat it in front of the TV.

### INGREDIENTS

Beef Patties 1 pound lean ground beef

1/4 cup fine dried bread crumbs

2 tablespoons tomato paste

1 tablespoon Worcestershire sauce

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 tablespoon olive oil

### Sauce

1 tablespoon olive oil

1 cup finely diced onion

4 ounces mushrooms, sliced

1 tablespoon fresh thyme, or 1 teaspoon dried

3 tablespoons all-purpose flour

2 cups beef broth

1 tablespoon Worcestershire sauce

1 teaspoon tomato paste

Kosher salt and freshly ground black pepper

### DIRECTIONS

For the beef patties: In a large bowl, combine the ground beef, bread crumbs, tomato paste, Worcestershire sauce, salt, and pepper and mix well, using your hands, until the mixture is very well blended and almost smooth in texture. Form into 4 oval patties ½ inch thick and press a “dimple” into the top of each. Chill for 30 minutes. In a large skillet, heat the olive oil over medium-high heat. Add the patties and cook until nearly cooked through and browned, about 4 minutes on each side. Set aside on a plate and keep warm.

For the sauce: In the same pan, heat the olive oil over medium-high heat. Add the onion and cook, stirring, until translucent, about 2 minutes. Add the mushrooms and thyme and cook, stirring, until the mushrooms release their moisture and begin to brown slightly. Sprinkle with the flour and cook, stirring, until the flour has been absorbed, about 1 minute. Gradually add the broth, Worcestershire, and tomato paste while stirring and loosening any browned bits from the bottom of the pan, and let the sauce come to a simmer until it is thickened slightly. Return the beef to the pan with the sauce and cook at a simmer for 8 to 10 minutes more, flipping halfway through, until the beef is completely cooked. Taste and season with salt and pepper, if necessary. Drizzle the meat with the sauce and serve.