

Salisbury Steak

Yield: approximately 4 Servings

- 1 Pound ground chuck
- 2 Tablespoons minced fresh parsley
- ½ Teaspoon salt, or to taste
- Few grinds fresh pepper, to taste
- ¼ Cup all-purpose flour (GF okay)
- Avocado or other high heat oil
- 1 Large onion, sliced
- 1 Tablespoon sugar
- 8 Ounces sliced mushroom, optional
- 1 Teaspoon minced garlic
- 1 Tablespoon tomato paste
- ½ Cup dry red wine
- 1 Cup beef broth
- Fresh minced parsley, for garnish



In a medium bowl, Combine ground chuck, parsley, salt and pepper. Divide evenly into 4 portions and shape each into ½ - ¾ " thick patties.

Place flour in a shallow dish; dredge each patty in flour. Reserve remaining flour. Heat 10 or 12" skillet over medium-high heat until hot; add oil to coat bottom. Add patties and sauté 2-3 minutes on each side, or until browned. Remove from pan.

Add onions and sugar to pan; stir to combine. Add mushrooms, if using, stir and sauté 5 minutes, stirring often until well browned and moisture has evaporated. Stir in garlic and tomato paste; sauté 1 minute or until fragrant. Deglaze pan with wine stirring to scrape up any bits on bottom of pan. Sprinkle with reserved flour, mix until completely incorporated and cook 1 minute. Stir in broth and mix well until a smooth sauce forms; add additional stock if overly thick. Return meat to pan and bring to a boil. Reduce heat, cover, and simmer 10-15 minutes until done. If sauce is too thick, thin with small amount of additional beef stock. Taste and add salt and or freshly ground pepper as desired.

Garnish with parsley and serve.