

Salisbury Steaks with Onions



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
steamed carrots



Select onions that are firm with no soft spots. The skins should be intact and feel dry and crackly. Onions will last longer when stored in the crisper section of the refrigerator or in a dry, cool place.

SHOPPING LIST

- ground beef • beef broth

ON HAND

- egg • butter • bread crumbs
- flour • onion • salt
- dried parsley • pepper
- Worcestershire sauce

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INGREDIENTS

- 1 pound lean ground beef
- 1 egg
- 1/4 cup seasoned bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1/2 tablespoons butter
- 1 medium onion, thinly sliced
- 1/2 tablespoons all-purpose flour
- 1 1/4 cups low-sodium beef broth
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley

SERVES 4

COOKIN' *Express*

- Buy onions in bulk. Peel, slice and freeze in airtight containers for up to 1 year.
- Frozen beef patties don't need to be completely thawed before cooking. Proceed as recipe directs—just slightly increase broiling time.

Make Ahead

Prepare the ground beef mixture; shape into patties and stack between pieces of waxed paper or plastic wrap. Freeze in freezer bags for up to 3 months.

♦ VARIATION

Stir a shredded carrot into the ground beef mixture in step 1 for added color and flavor.

1 Preheat broiler. Spray a foil-lined broiler pan with cooking spray. Combine beef, egg, bread crumbs, salt, pepper and Worcestershire sauce in a large bowl; mix well. Shape into 4 oval patties.



2 Place patties on prepared pan. Broil, turning once, until no longer pink, about 10 minutes.

3 Meanwhile, melt butter in a large skillet over medium heat. Add onion. Sauté until translucent, about 4 minutes. Sprinkle in flour. Cook, stirring continually, about 2 minutes.



4 Gradually stir broth into skillet. Cook, stirring continually, until sauce thickens, about 2 minutes. Stir in parsley. Pour onion gravy over patties. Serve immediately.