

DINNER

Salisbury Steak with Mushrooms

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$1.93	262 kcal



The recipe Salisbury Steak with Mushrooms can be made in roughly 40 minutes. For \$1.93 per serving, you get a main course that serves 4. One portion of this dish contains about 30g of protein, 8g of fat, and a total of 268 calories. Many people made this recipe, and 1422 would say it hit the spot.

Ingredients

- ☐ 2 cups beef broth
- ☐ 1/3 cup dry bread crumbs
- ☐ ¼ teaspoon ground black pepper
- ☐ 1 cup sliced mushrooms
- ☐ ¼ cup chopped onions
- ☐ 3 tablespoons water
- ☐ 3 tablespoons cornstarch
- ☐ 1 egg, beaten
- ☐ 1 pound lean ground beef
- ☐ 1 large onion, thinly sliced
- ☐ 1 teaspoon salt

EQUIPMENT Bowl, Frying pan

Method

- 1 Combine ground beef, bread crumbs, chopped onion, egg, salt, and black pepper in a bowl until evenly mixed. Shape beef mixture into 4 patties, about 3/4 inch thick.
- 2 Fry patties in a large skillet over medium heat until browned on both sides, about 10 minutes.
- 3 Add beef broth, onion, and mushrooms; bring to a boil. Reduce heat to low, cover, and simmer until patties are no longer pink in the center, about 10 minutes more.
- 4 Transfer patties to a platter and keep warm.
- 5 Bring onion mixture to a boil.
- 6 Mix cornstarch and water in a small bowl; stir into onion mixture. Cook and stir until onion gravy is thickened, about 1 minute.
- 7 Pour over patties to serve.

Nutrition per serving

262	30 g	8 g	17 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			3.1 g · 3% of daily needs
Sodium			1,188 mg · 52% of daily needs
Cholesterol			111 mg · 37% of daily needs
Vitamin C			4 mg · 5% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/salisbury-steak-with-mushrooms-148194