

Salisbury Steak with Onion Gravy

(serves 4)

INGREDIENTS:

- 2 tablespoons unsalted butter
- 2 large red onions, thinly sliced
- 3 cups low-sodium beef broth, divided
- 2 tablespoons flour
- ½ cup Marsala wine
- 1 tablespoon tomato paste
- 1 teaspoon apple cider vinegar
- salt
- ground black pepper
- 1 pound lean ground beef
- ½ cup cooked white rice
- 1 egg
- 1 clove garlic, minced
- 1 teaspoon Worcestershire sauce
- 3 tablespoons parsley, chopped
- ½ teaspoon dried thyme
- 1 tablespoon olive oil

DIRECTIONS:

- Melt the butter in a skillet over medium-high heat.
- Once melted, add the onions.
- Cook the onions, stirring occasionally, until they begin to brown.
- When the onions begin to look golden, add ¼ cup of the broth.
- Reduce the heat, cover, and let cook for about 30 more minutes, adding more broth as it evaporates.
- After 30 minutes, remove the cover and sprinkle in the flour.
- Stir and let cook for 2 minutes, then add the wine.
- Cook for about 3 more minutes, then add the remaining broth, tomato paste, and vinegar.
- Stir then cook for 10 minutes.
- Season with salt and pepper and reduce the heat to low to keep warm.
- In a large bowl, combine the beef, egg, rice, garlic, Worcestershire sauce, parsley, thyme, 1 teaspoon salt, and ¼ teaspoon black pepper.
- Form the beef mixture into 4 flat rectangular patties.
- Heat the olive oil in a pan over medium-high heat.
- Add the beef patties and sear for 3 minutes on each side.
- Nestle the seared patties into the warm gravy, spooning some gravy on top of each.
- Let the patties finish cooking in the gravy, about 10 more minutes.