

## Salisbury Steak Meatloaf with Mushroom Gravy - Classic Comfort Reinvented

Perfectly Seared Salisbury Steak Meatloaf with Velvety Mushroom Gravy



**OVEN**  
**375°F**

**TIME**  
**45 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Meatloaf:

- 1½ lbs ground beef
- 1 egg
- 1 cup breadcrumbs
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- Salt and pepper, to taste

For the Gravy:

- 2 tbsp olive oil
- 2 cups mushrooms, sliced
- 1 small onion, sliced
- 2 cups beef broth
- 1 tbsp flour
- ¾ cup heavy cream
- Fresh parsley, for garnish

### DIRECTIONS

1. Prep and Bake the Meatloaf: Preheat your oven to 375°F (190°C).
2. In a large bowl, mix ground beef, egg, breadcrumbs, chopped onion, garlic, Worcestershire, mustard, salt, and pepper.
3. Form into a loaf shape and place on a parchment-lined baking sheet.
4. Bake for 40-45 minutes, until internal temp reaches 160°F (71°C).
5. Make the Mushroom Gravy: In a skillet, heat olive oil over medium heat.
6. Add sliced onion, sauté for 5-7 minutes until caramelized.
7. Add mushrooms, cook another 3-4 minutes.
8. Sprinkle flour over the veggies, stir to coat.
9. Slowly add beef broth, whisking to prevent lumps.
10. Simmer 5-7 minutes, then stir in heavy cream and simmer 2 more minutes until velvety.
11. Finish and Serve: Let the meatloaf rest for 5 minutes after baking.
12. Slice and serve over mashed potatoes or rice.
13. Spoon over the mushroom gravy and garnish with chopped parsley.

### TIPS FOR SUCCESS

Don't overmix the meat: Gentle hands = tender loaf.

Use parchment paper or a rack: Keeps the loaf from steaming in its juices.

Gravy hack: Add a splash of soy sauce or balsamic vinegar for added umami.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/salisbury-steak-meatloaf-with-mushroom-gravy-classic-comfort-reinvented/>