

Salisbury Steak Meatballs with Mushroom Gravy: Comfort Food Classic

Prepare to indulge in a comforting classic that's perfect for a cozy family dinner:



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2-3 min

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INGREDIENTS

1 lb ground beef (80/20 blend recommended for flavor)
1/4 cup breadcrumbs (plain or Panko)
1/4 cup milk (whole or preferred)
1 egg
1/2 onion, finely chopped
2 cloves garlic, minced
1 tsp Worcestershire sauce
Salt and pepper to taste
2 tbsp olive oil (for cooking meatballs)
8 oz mushrooms, sliced (cremini or button mushrooms work great)
2 cups beef broth (low sodium preferred)
1/4 cup all-purpose flour
1/2 cup water

Swaps and Notes:

Ground Beef: An 80/20 ground beef blend is ideal for juicy, flavorful meatballs. Ground turkey can be used for a leaner option, but the flavor will be different.

Breadcrumbs: Plain breadcrumbs or Panko breadcrumbs both work well. For gluten-free, use gluten-free breadcrumbs.

Milk: Any type of milk can be used. It helps keep the meatballs moist.

Onion & Garlic: Finely chopped onion and minced garlic are essential aromatics.

Worcestershire Sauce (Meatballs): This adds a crucial savory, umami depth to the meatballs. Don't skip it!

Mushrooms (Gravy): Cremini (baby bella) or white button mushrooms are excellent choices. Slice them uniformly.

Beef Broth: Low sodium beef broth gives you control over the saltiness of the gravy.

All-Purpose Flour (Gravy): This is used to create a roux base for thickening the gravy. For a gluten-free gravy, use 2 tablespoons of cornstarch mixed with the 1/2 cup cold water as a slurry, adding it gradually to the hot broth (after cooking mushrooms) and simmering until thickened.

Herbs (Optional): A sprig of fresh thyme or a bay leaf could be added to the gravy during simmering for extra aromatic depth.

DIRECTIONS

1. **Creating these comforting :** Salisbury Steak Meatballs with Mushroom Gravy is efficient and mostly done in one skillet.
2. **Prepare the : Meatballs:** In a large mixing bowl, combine the 1 lb ground beef, 1/4 cup breadcrumbs, 1/4 cup milk, 1 egg, 1/2 finely chopped onion, 2 minced garlic cloves, 1 tsp Worcestershire sauce, salt, and pepper to taste. Using your hands, mix everything together thoroughly until just combined. Be careful not to overmix, as this can make the meatballs tough. Shape the mixture into approximately 1-inch diameter meatballs.
3. **Cook the : Meatballs:** Heat the 2 tablespoons olive oil in a large skillet (preferably oven-safe or heavy-bottomed, like cast iron) over medium heat. Add the meatballs to the skillet (cook in batches if necessary to avoid overcrowding, which steams instead of browns). Brown them on all sides, about 2-3 minutes per side. They don't need to be cooked through completely at this stage. Once browned, remove the meatballs from the skillet and set them aside on a plate. Leave the drippings and any browned bits (fond) in the skillet.
4. **Make the : Mushroom Gravy Base:** In the same skillet, add the 8 oz sliced mushrooms. Increase the heat slightly to medium-high if needed. Cook the mushrooms, stirring occasionally, until they become tender and beautifully browned, roughly 5-7 minutes.
5. **Thicken with : Flour:** Sprinkle the 1/4 cup all-purpose flour evenly over the cooked mushrooms in the skillet. Cook, stirring constantly, for 1 minute. This step cooks out the raw flour taste and creates a roux.

6. Create the : Gravy Sauce: Gradually pour in the 2 cups beef broth and 1/2 cup water while continuously whisking or stirring to avoid lumps. Bring the mixture to a simmer over medium heat, continuing to stir. As it simmers, it will begin to thicken into a rich gravy.
7. Return : Meatballs & Simmer: Return the browned meatballs and any accumulated juices from the plate to the skillet with the thickening mushroom gravy. Gently nestle the meatballs into the sauce. Reduce the heat to low, cover the skillet partially (or fully if your lid vents steam well), and let it simmer for about 10-15 minutes, or until the meatballs are cooked through and the gravy has reached your desired consistency.
8. Serve: Remove from heat. Serve hot, spooning plenty of mushroom gravy over the meatballs.

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