

Smothered Hamburger Steak Recipe for a Cozy Comfort Food Dinner

It is simple comfort food, and sometimes that is exactly what dinner needs to be.



TIME
5 min

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INGREDIENTS

- 1 pound ground beef
- 1 egg
- 1/3 cup bread crumbs
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1 clove garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 tablespoon oil
- 1 1/2 cups thinly sliced onion
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- 1/2 teaspoon salt

DIRECTIONS

1. Mix the patties: In a large bowl, combine the ground beef, egg, bread crumbs, black pepper, salt, onion powder, minced garlic, and Worcestershire sauce.
2. Mix until just combined, then form into thick patties.
3. Brown the patties and onions: Heat the oil in a large skillet over medium heat.
4. Add the patties and sliced onions to the skillet.
5. Cook until the patties are nicely browned on both sides and the onions begin to soften.
6. Remove the patties to a plate and keep warm.
7. Make the gravy: Sprinkle the flour over the onions and drippings in the skillet.
8. Stir the flour in with a fork or spoon, scraping up the browned bits from the bottom of the pan as you go.
9. Add the broth: Gradually stir in the beef broth.
10. Season with the remaining salt.
11. Simmer over medium-low heat, stirring, for about 5 minutes, until the gravy thickens.
12. Finish the dish: Turn the heat to low and return the patties to the gravy.
13. Cover and simmer for another 20 minutes.
14. Serve: Serve hot with mashed potatoes or rice, spooning the onion gravy generously over the top.

SWAPS & NOTES

Ground beef with a little fat works especially well here because it keeps the patties flavorful and tender.

Leaner beef can still work, but the finished patties may be a bit less rich.

The bread crumbs and egg help bind the patties so they hold together nicely while cooking and simmering in the gravy.

Thinly sliced onions are ideal because they soften well and blend into the gravy beautifully as it cooks.

TIPS FOR SUCCESS

Mix just until combined so the patties stay tender.

Brown the patties well before removing them from the skillet.

That color adds flavor to both the meat and the gravy.

Stir the flour thoroughly into the onions and drippings so the gravy thickens smoothly and does not taste floury.

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