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# Salisbury Steak

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1 1/2 pounds ground beef**  
**2 tablespoons grated onion**  
**1 teaspoon salt**  
**1/4 teaspoon dried marjoram leaves, crushed**  
**1/8 teaspoon pepper**  
**1 envelope brown gravy mix**  
**1 can (3 ounce) sliced mushrooms, drained**  
**3 tablespoons red wine (optional)**

In a bowl, combine the ground beef, grated onion, salt, marjoram and pepper. Mix well.

Divide the meat into six portions and shape into patties 3/4 inch thick.

Broil for 4 to 5 minutes on each side or until done.

In a bowl, prepare the gravy mix according to package directions. Stir in the mushrooms. Add the wine if desired. Set the patties in the gravy. Remove from the heat and let sit for 20 to 30 minutes to allow the flavors to blend.

Simmer for 5 to 10 minutes before serving.

Yield: 4 to 6 servings

## **Ground Beef**

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*Per Serving (excluding unknown items): 2137 Calories; 181g Fat (77.2% calories from fat); 115g Protein; 5g Carbohydrate; 1g Dietary Fiber; 579mg Cholesterol; 2598mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 1 Vegetable; 27 Fat.*