

# Hamburger Steak and Gravy Recipe (with Mushroom Gravy)



An easy recipe of juicy hamburger steak and gravy featuring a brown gravy recipe with onions and mushrooms. A delicious low carb meal the whole family will love.

**Prep Time** 10 minutes

**Cook Time** 15 minutes

**Total Time** 25 minutes

**Servings** 4

**Calories** 612kcal

## Ingredients

### Hamburger Steaks

- 1 1/4 pounds ground beef (85% lean)
- 2 tsp Worcestershire sauce
- 2 tsp Mc Cormicks Montreal Steak Seasoning
- 1/4 cup crushed pork rinds\* (or 1/4 cup breadcrumbs if not low carb)
- 1/4 cup heavy cream
- 1 tbsp fresh minced parsley
- 1 tsp oil
- salt and pepper

### Mushroom and Onion Gravy Recipe

- 1/4 cup diced onions
- 8 oz sliced button mushrooms
- 1/4 cup water
- 1/3 cup heavy cream
- 2 tbsp whisky (brandy, bourbon, or rum) (optional)
- 1 tsp beef base (bouillon)
- 1 tbsp butter

## Instructions

**NOTE: There is no egg in this recipe.**

### Preparation:

1. Make a panade by soaking the pork rinds (or bread crumbs) in 1/4 cup of heavy cream until absorbed - about 10 minutes. Mince the parsley and finely dice the onions.

### Method:

1. Add the ground beef to a medium bowl, breaking it up as you do. Sprinkle the Worcestershire sauce, steak seasoning, and parsley over the beef. Add the soaked pork rinds (or bread crumbs). Mix with a hand mixer until the ingredients are just combined.
2. Divide the seasoned ground beef into 4 even portions and form into patties. Season the outside with salt and

a hefty amount of coarse black pepper. (Lots of pepper gives the hamburger steak a wonderful savory flavor.)

### Cook:

1. Place a large skillet or saute pan over medium high heat. When hot, add 1-2 teaspoons of oil and swirl to coat the pan.
2. Add the hamburger steaks and cook for approximately 3 minutes per side. Remove the steaks from the pan and cover loosely with foil. Turn the heat down to medium.
3. If there is not a lot of oil left in the pan, add 1 tablespoon of butter and the mushrooms, stirring to coat all of the mushrooms. Cook for 1 minute. Stir and push the mushrooms to the sides of the pan. Spread the onions in the center of the pan and cover for 1 minute.
4. Add the beef base and stir. Next, add the whisky and water, stirring to bring up any browned bits that may still be stuck to the bottom of the pan. Add the heavy cream and any accumulated juices from the hamburger steaks. Bring to a fast simmer, reducing the sauce until it thickens. Stir in 1 tbsp of butter to give the sauce a nice sheen. Adjust seasoning with salt and pepper to taste.
5. Serve the sauce over the hamburger steaks. It's not a lot of sauce, but it's very flavorful and satisfying.  
Serves 4.
6. **Alternately:** After the sauce thickens add the hamburger steaks back to the pan to reheat for a few minutes. Turn the heat down to low and loosely cover with foil. Serve with sauce spooned over top.

### Notes

\*If you don't eat pork rinds, add the cream and 1 large egg.

Nutrition Facts	
Hamburger Steak and Gravy Recipe (with Mushroom Gravy)	
Amount Per Serving	
Calories 612	Calories from Fat 468
% Daily Value*	
Total Fat 52g	80%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 29g	58%
* Percent Daily Values are based on a 2000 calorie diet.	

### Nutrition

Calories: 612kcal | Carbohydrates: 5g | Protein: 29g | Fat: 52g | Fiber: 1g