

Hearty Ground Beef and Gravy: The Ultimate Comfort Food

There's nothing quite like a warm, hearty meal to bring comfort on a chilly day, and



TIME
3-4 min

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INGREDIENTS

- 1 lb ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups beef broth
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 4 cups mashed potatoes (prepared)
- Fresh parsley for garnish (optional)

Instructions:

Step 1: Cook the Beef:

In a large skillet, heat the olive oil over medium heat.

Add the diced onion and minced garlic, sautéing until the onion is translucent (about 3-4 minutes).

Add the ground beef to the skillet, breaking it apart with a spatula. Cook until browned, about 5-7 minutes. Drain excess grease if necessary.

Step 2: Make the Gravy:

Sprinkle the flour over the cooked beef and stir to combine.

Gradually add the beef broth, Worcestershire sauce, and soy sauce, stirring until the mixture is well combined and begins to thicken.

Season with salt and pepper, and let it simmer for an additional 5 minutes.

Step 3: Prepare the Mashed Potatoes:

While the gravy is simmering, prepare your mashed potatoes according to your preferred method (with butter, cream, or any other favorite ingredients).

Step 4: Serve:

Spoon the ground beef and gravy mixture generously over a portion of mashed potatoes.

Garnish with fresh parsley if desired.

Nutritional Information:

Calories: 450 kcal per serving

Servings: 4 servings

Protein: 25g

Carbohydrates: 45g

Fat: 20g

Fiber: 3g

Helpful Cooking Tips:

For extra flavor, consider adding a splash of red wine to the gravy while it simmers.

DIRECTIONS

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17. If you prefer a thicker gravy, increase the amount of flour slightly or let it simmer longer to reduce.
18. Feel free to customize your mashed potatoes with garlic, cheese, or herbs for added flavor.
19. Conclusion: This Ground Beef and Gravy Over Mashed Potatoes recipe is a delightful way to enjoy a classic comfort food that warms the heart and fills the belly. We hope you enjoy making and savoring this dish as much as we do! Let us know how your meal turned out, and don't forget to follow us for more delicious recipes!

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

Original recipe: <https://chefmaniac.com/hearty-ground-beef-and-gravy-the-ultimate-comfort-food/>