

Ground Beef and Gravy Over Mashed Potatoes - The Ultimate Comfort Food

a warm, hearty, and satisfying meal



TIME
30 min

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INGREDIENTS

For the Ground Beef and Gravy:

- 1 lb ground beef (80/20 recommended for flavor)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 ½ cups beef broth
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon dried thyme (optional, for extra depth)

For the Mashed Potatoes:

- 2 lbs russet or Yukon gold potatoes, peeled and cubed
- ½ cup milk (warm)
- 4 tablespoons butter
- ... teaspoon black pepper

How to Make Ground Beef and Gravy Over Mashed Potatoes:

1. Boil the Potatoes:

Place cubed potatoes in a large pot and cover with cold water.

Add a pinch of salt and bring to a boil.

Cook for 15-20 minutes, or until fork-tender. Drain and set aside.

2. Cook the Ground Beef:

While the potatoes cook, heat a large skillet over medium heat.

Add the ground beef and onion, breaking up the meat as it browns.

Cook until the beef is browned and onions are soft (about 5-7 minutes).

Stir in the garlic and cook for another minute.

3. Make the Gravy:

Push the beef to one side of the pan and melt 2 tablespoons of butter in the empty space.

Stir in flour and cook for 1 minute to remove the raw taste.

Gradually whisk in the beef broth, scraping up any browned bits.

Add Worcestershire sauce, salt, pepper, onion powder, and thyme.

Let the gravy simmer and thicken for 5 minutes, stirring occasionally.

4. Mash the Potatoes:

Mash the drained potatoes with warm milk, butter, salt, and pepper until creamy and smooth.

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4. Cook the Ground Beef: While the potatoes cook, heat a large skillet over medium heat.
5. Add the ground beef and onion, breaking up the meat as it browns.
6. Cook until the beef is browned and onions are soft (about 5-7 minutes).
7. Stir in the garlic and cook for another minute.
8. Make the Gravy: Push the beef to one side of the pan and melt 2 tablespoons of butter in the empty space.
9. Stir in flour and cook for 1 minute to remove the raw taste.
10. Gradually whisk in the beef broth, scraping up any browned bits.
11. Add : Worcestershire sauce, salt, pepper, onion powder, and thyme.
12. Let the gravy simmer and thicken for 5 minutes, stirring occasionally.
13. Mash the Potatoes: Mash the drained potatoes with warm milk, butter, salt, and pepper until creamy and smooth.
14. Serve & Enjoy: Spoon the creamy mashed potatoes onto plates and ladle the beef and gravy over the top.
15. Garnish with fresh parsley or a sprinkle of black pepper for extra flavor.

16. Pro Tips & Variations: ? Want it extra rich? Add a splash of heavy cream or sour cream to the mashed potatoes.
17. ? Love mushrooms? Add sautéed mushrooms to the beef for a stroganoff-style twist.
18. ? Prefer a thicker gravy? Stir in 1 tablespoon of cornstarch mixed with 2 tablespoons of water for a thicker consistency.
19. ? Try different seasonings - A pinch of smoked paprika or rosemary adds a delicious depth of flavor.
20. ? Make it dairy-free - Use olive oil instead of butter and swap plant-based milk for regular milk.
21. What to Serve with Ground Beef and Gravy: This dish is filling on its own, but it pairs beautifully with:
 22. Steamed : Green Beans - A fresh and light side dish.
 23. Roasted : Carrots or Broccoli - Adds color and crunch.
 24. Dinner : Rolls or Biscuits - Perfect for soaking up extra gravy.
 25. Side : Salad - A crisp contrast to the rich meat and potatoes.

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