

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

Ground Beef and Gravy Over Mashed Potatoes: Classic Comfort in Every Bite



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

4 large potatoes, peeled and chopped

... cup milk

2 tbsp butter

Salt and pepper to taste

1 lb ground beef

1 tbsp vegetable oil

$\frac{1}{8}$  cup onion, finely chopped

2 cloves garlic, minced

2 tbsp all-purpose flour

2 cups beef broth

1 tsp Worcestershire sauce

Substitutions & Additions:

Beef: Swap with ground turkey or plant-based meat for a lighter or vegetarian version.

Broth: Use chicken or veggie broth in a pinch, though beef broth adds the richest flavor.

Add-ins: Stir in peas, mushrooms, or sautéed carrots for extra nutrition and texture.

Instructions:

1. Make the Mashed Potatoes:

2. Cook the Aromatics:

3. Brown the Beef:

4. Make the Gravy:

5. Serve:

Tips for Success:

Mash potatoes while hot for the fluffiest texture.

For extra creamy potatoes, use warm milk and a hand mixer.

Let the gravy simmer uncovered for a thicker consistency.

Serving Suggestions:

Dorito Casserole - a crunchy, cheesy addition.

Instant Pot Lasagna - if you're feeding a crowd.

Sheet Pan Quesadillas for a fun fusion meal.

Storage & Leftovers:

Fridge: Store in airtight containers for up to 3 days.

Reheat: Warm in a skillet or microwave, adding a splash of broth if needed.

Freezer: Freeze mashed potatoes and gravy separately for up to 2 months.

More Recipes You'll Love:

3-Ingredient Egg Wrap - a lighter meal prep go-to.

## DIRECTIONS

1. **Make the Mashed Potatoes:** Boil potatoes in salted water until fork-tender (about 15 minutes). Drain, then mash with butter, milk, salt, and pepper until creamy.? Duration: 20 minutes
2. **Cook the Aromatics:** In a large skillet, heat oil over medium heat. Add onion and garlic and cook for 3-4 minutes until softened and fragrant.? Duration: 3-4 minutes
3. **Brown the Beef:** Add ground beef to the skillet. Cook until browned, breaking it up with a spoon.? Duration: 5-7 minutes
4. **Make the Gravy:** Sprinkle flour over beef and stir to coat. Cook for 1 minute. Slowly pour in beef broth while stirring. Add Worcestershire sauce. Simmer until gravy thickens, about 5 minutes. Season with salt and pepper to taste.? Duration: 6-8 minutes
5. **Serve:** Spoon mashed potatoes onto plates or bowls. Ladle the beef and gravy over the top. Serve hot and enjoy!?. Duration: 2 minutes
6. **Tips for Success:** Mash potatoes while hot for the fluffiest texture.
7. For extra creamy potatoes, use warm milk and a hand mixer.
8. Let the gravy simmer uncovered for a thicker consistency.
9. **Serving Suggestions:** Serve this with buttered green beans, roasted carrots, or a crisp side salad. For a comfort food feast, pair with:
10. Dorito : Casserole - a crunchy, cheesy addition.
11. Instant : Pot Lasagna - if you're feeding a crowd.

12. Sheet : Pan Quesadillas for a fun fusion meal.
13. Storage & Leftovers: Fridge: Store in airtight containers for up to 3 days.
14. Reheat: Warm in a skillet or microwave, adding a splash of broth if needed.
15. Freezer: Freeze mashed potatoes and gravy separately for up to 2 months.
16. More Recipes You'll Love: 3-Ingredient Egg Wrap - a lighter meal prep go-to.
17. Crockpot : Nacho Dip - a crowd-pleasing party starter.
18. Final Thoughts: This Ground Beef and Gravy Over Mashed Potatoes is more than a meal-it's a classic comfort food that never disappoints. Easy to make and even easier to love, it's perfect for busy weeknights or relaxed weekend dinners. Give it a try and let me know how you made it your own!

## TIPS FOR SUCCESS

Mash potatoes while hot for the fluffiest texture.

For extra creamy potatoes, use warm milk and a hand mixer.

Let the gravy simmer uncovered for a thicker consistency.

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

Original recipe: <https://chefmaniac.com/ground-beef-and-gravy-over-mashed-potatoes-the-ultimate-comfort-food-2/>