

Beef Roast with Mashed Potatoes, Green Beans & Gravy: Classic Comfort Dinner

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OVEN
325°F

TIME
3-4 min

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INGREDIENTS

- 3 lb beef roast (chuck or rump recommended)
- 4 garlic cloves, minced
- 1 onion, sliced
- 2 cups beef broth (low-sodium recommended)
- 2 tbsp olive oil
- Salt and pepper (to taste)
- 4 large potatoes, peeled and cubed (russet or Yukon Gold)
- $\frac{1}{2}$ cup milk (whole or 2%)
- 3 tbsp butter (unsalted, for mashed potatoes)
- 1 lb green beans, trimmed
- 2 tbsp butter (unsalted, for green beans)
- 2 tbsp flour (all-purpose)
- Pan drippings from the beef roast

Swaps and Notes:

Beef Roast: Chuck roast is excellent for slow roasting as it becomes incredibly tender and flavorful. Rump roast or bottom round can also work.

Garlic & Onion: These aromatics add significant depth of flavor to the roast and gravy.

Beef Broth: Low-sodium beef broth allows you to control the saltiness of the roast and gravy.

Olive Oil: For searing the roast.

Herbs (Optional for Roast): Add a few sprigs of fresh thyme or rosemary (about 1-2 tsp dried) to the roasting pan with the beef broth for extra

aromatic flavor.

Potatoes (Mashed): Russet potatoes are ideal for fluffy mashed potatoes. Yukon Gold can be used for a creamier texture.

Milk (Mashed Potatoes): Whole milk or 2% milk adds creaminess. You can also use heavy cream for a richer mash.

Butter (Mashed Potatoes & Green Beans): Unsalted butter is preferred to control saltiness.

Green Beans: Fresh green beans are best. You can also use frozen green beans (thawed).

Flour (Gravy): All-purpose flour is used to thicken the gravy. For a gluten-free option, use a cornstarch slurry (1 tbsp cornstarch mixed with 2 tbsp cold water) and whisk into simmering drippings.

DIRECTIONS

1. Let's get this delicious : Beef Roast dinner cooking!
2. **Prepare & : Sear Beef Roast:** Preheat your oven to 325°F (160°C). Season the entire beef roast generously on all sides with salt and pepper. Heat 2 tablespoons of olive oil in a large oven-safe pan or Dutch oven (that can go from stovetop to oven) over medium-high heat. Once hot, add the seasoned beef roast and sear it on all sides until a deep golden-brown crust forms (about 3-4 minutes per side). This step adds crucial flavor.
3. **Roast the : Beef:** Transfer the seared roast to a roasting pan (or keep it in the Dutch oven if it's oven-safe). Add the minced 4 garlic cloves and sliced 1 onion around the roast. Pour the 2 cups of beef broth into the pan around the roast. Cover the roasting pan tightly with foil (or use the lid of your Dutch oven). Roast in the preheated oven for 2.5-3 hours, or until the beef roast is incredibly tender and easily pulls apart with a fork.
4. **Cook : Mashed Potatoes:** While the roast is in the oven, prepare the mashed potatoes. In a large pot, bring plenty of salted water to a rolling boil. Add the 4 large peeled and cubed potatoes. Cook until they are very soft and tender when pierced with a fork, about 15-20 minutes. Drain the potatoes thoroughly and return them to the empty pot. Incorporate the ½ cup of milk, 3 tablespoons of butter, and salt and pepper to taste into the drained potatoes. Mash until they are smooth and creamy, with no lumps remaining. Keep warm.
5. **Steam : Green Beans:** Also while the roast is cooking, prepare your green beans. Steam the 1 lb of trimmed

green beans in a steamer basket over boiling water until they are tender-crisp (about 5-7 minutes). Alternatively, boil them in salted water until tender. Drain well. In a serving bowl, toss the steamed green beans with 2 tablespoons of butter, and season with a pinch of salt and pepper. Keep warm.

6. **Make the : Gravy:** Once the roast is cooked, carefully remove it from the roasting pan and transfer it to a cutting board. Tent it loosely with foil and let it rest for at least 10 minutes (this allows juices to redistribute, making it more tender). While the roast rests, prepare the gravy. Skim off any excessive fat from the pan drippings in the roasting pan. Place the roasting pan (or transfer drippings to a saucepan) over medium heat. Whisk in the 2 tablespoons of all-purpose flour into the drippings, whisking constantly to create a smooth roux. Cook for 1-2 minutes until lightly golden. Gradually whisk in any remaining beef broth (if you have more than the initial 2 cups added to the roast) or a splash of water/milk, if the gravy is too thick, until the gravy is smooth and thickened to your desired consistency. Season with additional salt and pepper to taste.
7. **Serve:** Slice or shred the rested beef roast. Plate the tender roast alongside a hearty portion of the creamy mashed potatoes and the vibrant green beans. Generously spoon the rich, savory gravy over the roast and mashed potatoes. Serve immediately!

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TIPS FOR SUCCESS

Sear for Flavor: Don't skip searing the roast on all sides.

This creates a flavorful crust and adds depth to the pan drippings for the gravy.

Low and Slow Roasting: Roasting at 325°F (160°C) ensures a tender, juicy roast that will pull apart easily.

Rest the Roast: Resting the roast for 10 minutes after cooking is crucial!

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