

Classic Ground Beef & Gravy with Creamy Mashed Potatoes: Comfort Food Dinner

Classic Ground Beef and Gravy on Mashed Potatoes: The Ultimate Comfort Meal!



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5 min

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INGREDIENTS

1 lb lean ground beef
2 tbsp olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 tbsp all-purpose flour
2 cups beef broth
1 tbsp Worcestershire sauce
Salt and black pepper to taste
2 lbs potatoes, peeled and cubed (Russet or Yukon Gold recommended)
 $\frac{1}{2}$ cup milk (whole milk or 2%)
... cup unsalted butter
Chopped fresh parsley

DIRECTIONS

1. Sauté Onion and Garlic: In a large skillet, heat the 2 tablespoons of olive oil over medium heat. Add the finely chopped onion and cook, stirring occasionally, until it softens and becomes translucent, about 5 minutes. Add the minced garlic and cook for another 1-2 minutes until fragrant, being careful not to let it burn.
2. Brown Ground Beef: Add the 1 lb ground beef to the skillet with the softened onion and garlic. Cook over medium heat, breaking up the beef with a spoon as it cooks, until it is completely browned and no longer pink. Drain any excess fat from the skillet.
3. Make the Gravy Base: Sprinkle the 2 tablespoons of all-purpose flour over the cooked beef and stir well to combine. Cook for 1-2 minutes, stirring constantly, to eliminate the raw flour taste.
4. Simmer the Gravy: Gradually add the 2 cups of beef broth to the skillet, whisking continuously to avoid lumps and ensure a smooth gravy. Stir in the 1 tablespoon of Worcestershire sauce, and season with salt and black pepper to taste. Bring the gravy to a gentle simmer and let it cook for about 5-7 minutes, stirring occasionally, until it has thickened to your desired consistency. Remove from heat once thickened.
5. Cook Potatoes: While the beef and gravy are cooking, place the 2 lbs peeled and cubed potatoes in a large pot. Cover them with cold water, ensuring the potatoes are fully submerged. Bring the water to a boil over high heat, then reduce the heat and simmer for 15-20 minutes, or until the potatoes are very tender when pierced with a fork.

6. **Mash Potatoes:** Drain the cooked potatoes thoroughly and return them to the empty hot pot. Add the ½ cup milk, ¼ cup butter, and season with salt and black pepper to taste. Using a potato masher, fork, or electric mixer, mash the potatoes until they are smooth and creamy. Adjust the amount of milk and butter for your desired consistency and richness.
7. **Serve:** To serve, spoon a generous portion of the creamy mashed potatoes onto serving plates. Ladle the rich, savory ground beef and gravy mixture generously over the mashed potatoes. Garnish with chopped fresh parsley if desired for a touch of color and freshness.
8. **Enjoy your :** Ground Beef and Gravy on Mashed Potatoes, a comforting and hearty meal that's perfect for any day of the week!

SWAPS & NOTES

Ground Beef: Using lean ground beef helps prevent the gravy from being too greasy.

You could also use ground turkey or a mix of ground beef and pork.

Onion & Garlic: Finely chopping the onion and mincing the garlic ensures they blend seamlessly into the gravy.

Flour: All-purpose flour is used to thicken the gravy.

TIPS FOR SUCCESS

Drain Fat: Draining excess fat from the ground beef is key for a non-greasy gravy.

Whisk Constantly for Gravy: When adding broth to the flour-coated beef, whisk continuously to prevent lumps and ensure a smooth gravy.

Don't Overcook Potatoes: Cook potatoes just until tender; overcooked potatoes can become watery and less flavorful when mashed.

Warm Milk/Butter for Mashed Potatoes: Using warm milk and softened/melted butter for mashing potatoes helps create a creamier, smoother texture.

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