

Homemade Ground Beef and Gravy with Fluffy Mashed Potatoes

There are some meals that are so deeply comforting, they feel like a warm hug. This recipe for



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15 min

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INGREDIENTS

For the Ground Beef and Gravy:

- 1 lb ground beef
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 cups beef broth
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dried thyme (optional)
- Salt and black pepper to taste

For the Mashed Potatoes:

- 3 cups mashed potatoes (or about 4 medium potatoes, peeled and cubed)
- 1/4 cup butter
- 1/2 cup milk or heavy cream
- Salt and pepper to taste

Swaps and Notes:

Ground Beef: While ground beef is the classic choice, you can also use ground turkey or pork for a different flavor profile.

Mashed Potatoes: This recipe works great with pre-made mashed potatoes for a quick dinner. If you're making them from scratch, Yukon Gold potatoes are a great choice for their creamy texture.

Gravy: The gravy is made with a simple roux of butter and flour, and then thinned with beef broth.

You can make it richer by using heavy cream instead of milk for the mashed potatoes. You can also add some sliced mushrooms or frozen peas to the gravy for extra vegetables.

Herbs: Dried thyme adds a wonderful earthy flavor to the gravy. You can also add other herbs like a pinch of dried rosemary or a few fresh parsley leaves.

Worcestershire Sauce: This is a key ingredient for the savory, umami flavor of the gravy. Don't skip it!

Instructions:

Prepare the Mashed Potatoes: If you are not using pre-made mashed potatoes, peel and cube your potatoes. Boil them in salted water for about 15 minutes, or until they are tender. Drain the potatoes and return them to the pot. Add the butter and milk and mash until they are smooth. Season with salt and pepper to taste. Keep them warm and set them aside.

Cook the Ground Beef: In a large skillet, cook the ground beef over medium heat, stirring and breaking it up with a spoon, until it is browned. Drain any excess fat.

Sauté Aromatics: Add the finely chopped onion and minced garlic to the beef. Cook for 2-3 minutes until the onion is softened and the garlic is fragrant.

Make the Gravy: Push the beef mixture to one side of the skillet. On the empty side, melt the butter. Once the butter is melted, whisk in the all-purpose flour to form a roux. Cook for about 1 minute.

Simmer and Season: Slowly pour in the beef broth, whisking constantly to prevent any lumps from forming. Stir everything together. Add the Worcestershire sauce and dried thyme (if using), and season with salt and pepper. Let the gravy simmer for 5-7 minutes, stirring occasionally, until it thickens to your desired consistency.

Serve: Spoon the warm mashed potatoes onto plates or into bowls. Top generously with the ground beef and gravy mixture. Garnish with fresh herbs if desired.

Tips for Success:

Drain the Fat: Draining the excess fat from the ground beef is an important step. It will prevent the gravy from becoming greasy.

Make the Roux: The roux of butter and flour is the key to a smooth, lump-free gravy. Make sure you whisk it constantly as you add the beef broth.

Use a Large Skillet: A large skillet is essential for this recipe. It allows you to brown the beef and make the gravy in the same pan, which builds a lot of flavor.

Taste and Adjust: Don't be afraid to taste the

gravy as you go. You can add more salt, pepper, or Worcestershire sauce to get it just right for your palate.

Serving Suggestions and Pairings:

Nutritional Information:

DIRECTIONS

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10. **Taste and : Adjust:** Don't be afraid to taste the gravy as you go. You can add more salt, pepper, or Worcestershire sauce to get it just right for your palate.
11. **Serving Suggestions and Pairings:** This meal is a complete plate on its own. For a bit of freshness, serve it with a side of steamed green beans or a simple side salad.
12. **For a drink pairing,** a light-bodied red wine or a simple iced tea would be a great complement to the savory flavors.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. **This is a hearty, satisfying meal that is a great source of protein from the ground beef.** The potatoes provide carbohydrates, and the onions and garlic provide vitamins. While it is a comfort food that is higher in calories, it's a wonderfully delicious meal that is perfect for a special family dinner.
15. **Storage and Leftover Tips:** Leftovers of this dish are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can reheat it in a skillet over low heat, adding a splash of milk or broth to loosen up the gravy.
16. **Final Thoughts:** This Ground Beef and Gravy with Mashed Potatoes recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of a savory gravy and creamy mashed potatoes is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

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