

The Best Old-Fashioned Ground Beef and Gravy Recipe (Easy Family Dinner)

Ground Beef and Gravy Over Mashed Potatoes



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30 min

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INGREDIENTS

For the Mashed Potatoes:

2 pounds potatoes: I prefer Yukon Gold for creaminess or Russets for fluffiness.

1/2 cup milk: Whole milk provides the best richness.

4 tablespoons butter: Don't skimp here; butter is the secret to flavor.

Salt and pepper: To taste.

For the Ground Beef and Gravy:

1 pound ground beef: I recommend an 80/20 or 90/10 lean-to-fat ratio.

1 medium onion: Finely diced to meld into the gravy.

2 cloves garlic: Freshly minced for the best aroma.

2 tablespoons all-purpose flour: This is our thickening agent.

2 cups beef broth: Use low-sodium if you want more control over the salt.

1 tablespoon Worcestershire sauce: The "secret ingredient" for deep umami flavor.

Optional: 1 cup frozen peas and carrots (for a pop of color and nutrition).

DIRECTIONS

1. Prepare the Mashed Potatoes: Place your peeled and quartered potatoes in a large pot. Cover them with cold water (this ensures even cooking) and add a generous pinch of salt. Bring to a boil, then reduce to a simmer. Let them cook for about 20 minutes until they are fork-tender.
2. Drain the potatoes and return them to the warm pot for a minute to let any excess moisture evaporate. Add your milk and butter, and mash away! I like to use a hand masher for some texture, but an electric mixer will give you a whipped, airy finish. Season well and keep the lid on to stay warm.
3. Brown the Beef: While the potatoes are boiling, get your skillet ready. Brown the ground beef over medium-high heat. Use your spatula to break it into small crumbles. Once browned, drain the excess fat, but leave about a tablespoon in the pan for flavor and to help sauté the vegetables.
4. Sauté and Aromatics: Add the diced onion to the skillet with the beef. Cook for about 5 minutes until the onions are soft and translucent. Stir in the minced garlic and cook for just 60 seconds-don't let it burn!
5. Build the Gravy: Sprinkle the flour evenly over the meat and onions. Stir it constantly for 2 minutes. This "cooks out" the raw flour taste and creates a roux with the remaining fat.
6. Simmer and Thicken: Slowly whisk in the beef broth and Worcestershire sauce. Be sure to scrape the bottom of the pan to get those "fond" bits-that's where the flavor lives! Bring it to a gentle simmer. The gravy will start to thicken beautifully in about 5 minutes.

If you're adding peas and carrots, toss them in now so they heat through. Season with salt and pepper.

7. **Serve:** Scoop a large portion of mashed potatoes into a shallow bowl, create a "well" in the center with your spoon, and ladle a generous amount of the beef and gravy right on top.

SWAPS & NOTES

The Potatoes: If you're in a rush, you can certainly use instant flakes, but fresh potatoes make a world of difference.

For a lower-carb option, try serving the gravy over mashed cauliflower.

The Meat: While ground beef is classic, you can substitute ground turkey or even ground venison.

If using turkey, you may need to add a tablespoon of oil to the pan as it is much leaner.

TIPS FOR SUCCESS

Don't Overwork the Potatoes: If using an electric mixer, stop as soon as they are smooth.

Over-mixing can lead to "gluey" potatoes.

Consistency Check: If your gravy gets too thick, add a splash more broth.

If it's too thin, let it simmer a few minutes longer.

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

Original recipe: <https://chefmaniac.com/the-best-old-fashioned-ground-beef-and-gravy-recipe-easy-family-dinner/>