

The Old-School Rice and Gravy Dinner That Fed Families for Generations

2 tablespoons oil, butter, or drippings



TIME
8 to 10 min

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INGREDIENTS

2 tablespoons oil, butter, or drippings
1 pound beef stew meat, pork pieces, or chicken thighs, optional
1 medium onion, sliced
2 tablespoons all-purpose flour
3 cups broth or water
1 teaspoon salt, plus more to taste
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
2 cups cooked white rice
Optional: chopped parsley for garnish

DIRECTIONS

1. Brown the meat. If using meat, heat the oil or drippings in a large skillet or pot over medium heat. Add the meat and cook until browned on all sides. Remove and set aside.
2. Cook the onions. In the same pan, add the sliced onion and cook until softened and golden, about 8 to 10 minutes.
3. Make the base. Sprinkle the flour over the onions and stir well. Cook for 1 to 2 minutes so the flour loses its raw taste.
4. Add the liquid. Slowly pour in the broth or water, stirring constantly to prevent lumps. Add the salt, pepper, garlic powder, and paprika.
5. Simmer. Return the meat to the pan if using. Lower the heat and let everything simmer for 25 to 35 minutes, or until the gravy is rich and the meat is tender.
6. Serve over rice. Spoon the hot gravy over cooked rice and garnish with parsley if desired.

SWAPS & NOTES

Rice and gravy is flexible by nature, which is part of why it has endured for so long.

You can use beef, pork, chicken, or even make a meatless onion gravy if needed.

Broth adds more flavor, but water will still work when the pantry is running low.

Long-grain white rice is classic, but brown rice can be used if that is what you have.

TIPS FOR SUCCESS

The flavor of this dish depends heavily on browning.

Whether you are browning meat or just taking the onions to a deeper golden color, do not rush that part.

Those browned bits in the pan are where so much of the savory depth comes from.

When you add the liquid, do it slowly and stir well.

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Original recipe: <https://chefmaniac.com/the-old-school-rice-and-gravy-dinner-that-fed-families-for-generations/>