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Ground Beef and Gravy over Mashed Potatoes

Introduction

Ground beef and gravy over mashed potatoes is a comforting and hearty dish that brings

together the rich flavors of savory beef gravy and creamy mashed potatoes. This classic meal is perfect for family dinners or any time you crave a satisfying and filling dish. In this article, we will explore the ingredients, preparation steps, and cooking times required to create this delicious recipe.

Detailed Ingredients with measures

- Ground beef - 1 pound
- Onion, diced - 1
- Garlic, minced - 2 cloves
- Beef broth - 1 cup
- Brown gravy mix - 1 packet
- Worcestershire sauce - 1 tablespoon
- Salt - to taste
- Pepper - to taste
- Mashed potatoes - prepared, about 4 cups

Prep Time

The preparation time for ground beef and gravy over mashed potatoes is approximately 10 minutes. During this time, you will need to gather your ingredients, dice the onion, and mince the garlic.

Cook Time, Total Time, Yield

The cook time will take about 20 minutes, making the total time for this dish approximately 30 minutes. This recipe yields approximately 4 servings, perfect for a small family or to have leftovers for the next day.



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Detailed Directions and Instructions

Step 1: Prepare the Mashed Potatoes

Peel and chop the potatoes into equal-sized pieces. Boil the potatoes in a large pot of salted water for about 15-20 minutes or until tender. Drain the potatoes and return them to the pot. Add butter and milk, then mash until smooth and creamy. Season with salt and pepper to taste.

Step 2: Cook the Ground Beef

In a large skillet over medium heat, add the ground beef. Cook until browned, breaking it apart with a spatula as it cooks. Drain any excess fat.

Step 3: Make the Gravy

Add the onion and minced garlic to the cooked beef in the skillet. Sauté for about 3-4 minutes until the onions are translucent. Sprinkle in the flour and stir to combine, cooking for an additional minute. Gradually add the beef broth, stirring constantly to avoid lumps. Bring to a simmer and cook until the gravy thickens.

Step 4: Combine the Mixture

Once the gravy has thickened, season with salt and pepper as needed. Remove from heat.

Step 5: Serve

Scoop a generous portion of mashed potatoes onto each plate, and top with the ground beef and gravy mixture. Garnish with fresh parsley if desired.

Notes

Tip 1: Customize Your Gravy

Feel free to add Worcestershire sauce or a splash of soy sauce to enhance the flavor of the gravy.

Tip 2: Alternative Thickeners

If you prefer a gluten-free option, substitute the flour with cornstarch or a gluten-free flour blend.

Tip 3: Storing Leftovers

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or microwave before serving.

Tip 4: Serving Suggestions

This dish pairs well with a side of steamed vegetables or a simple salad for a complete meal.



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Cook techniques



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