



Ground Beef and Gravy over Mashed Potatoes



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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.

See also Creamy Avocado Grilled Cheese

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

Cooking Ground Beef

Ground beef should be cooked over medium-high heat until it is browned and fully cooked. Make sure to break it apart with a spatula for even cooking.

Making Gravy

To create a flavorful gravy, deglaze the pan with broth after cooking the beef, scraping up any browned bits. Thicken the mixture with flour or cornstarch.

See also [Burnt Ends with Bourbon Sauce](#)

Preparing Mashed Potatoes

Mashed potatoes are best made with starchy potatoes like Yukon Gold or Russets. Boil until tender, mash, and mix with butter, cream, salt, and pepper to desired consistency.

Combining the Dish

Layer the mashed potatoes on a plate and generously spoon the beef and gravy mixture over the top for a comforting dish.

FAQ

Can I use other types of meat instead of ground beef?

Yes, you can substitute ground turkey, chicken, or even plant-based meat alternatives.

How can I make my mashed potatoes creamier?

Add more cream or butter while mashing or use a potato ricer for a smoother texture.

What can I serve with beef and gravy over mashed potatoes?

This dish pairs well with steamed vegetables, a side salad, or crusty bread for a complete meal.

Can I make the gravy ahead of time?

Yes, you can prepare the gravy in advance and reheat it when needed. Just add a little water or broth to loosen it up if it thickens too much.

Is this dish gluten-free?

To make it gluten-free, substitute flour with cornstarch or a gluten-free flour blend for the gravy.



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Conclusion

This Ground Beef and Gravy over Mashed Potatoes recipe offers a comforting and delicious meal that is sure to please the whole family. With its rich flavors and creamy texture, it's perfect for any occasion, especially those chilly nights when you crave something hearty and satisfying.

More recipes suggestions and combination

Shepherd's Pie

Layer ground beef and vegetables under a blanket of fluffy mashed potatoes for a delicious twist on a classic dish.

Beef Stroganoff

Serve ground beef in a creamy mushroom sauce over egg noodles, as an alternative to mashed potatoes for a different texture.

See also [Delicious Lentil Pasta Recipe for Healthy Meals](#)

Meatloaf with Gravy

Combine ground beef with breadcrumbs and spices, bake it into a loaf, and top it with the same savory gravy for a hearty meal.

Taco Night

Use seasoned ground beef for taco night, topped with your favorite toppings such as cheese, lettuce, and salsa.

Stuffed Bell Peppers

Mix cooked ground beef with rice and spices, stuff into bell peppers, and bake for a flavorful and nutritious dish.

Beef and Rice Casserole

Combine cooked ground beef with rice, vegetables, and cheese for a one-dish meal that's easy to prepare and satisfying.



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