



Hamburger and Mushroom Gravy



Ingredients:

- 1 pound lean ground beef
- 3 cloves garlic, minced
- 1 medium onion, diced
- 2 cups fresh mushrooms, sliced
- 1 3/4 cups beef broth
- 1 1/2 tablespoons cornstarch
- 1/3 cup warm water
- 2 tablespoons fresh parsley, chopped
- salt and pepper, to taste
- mashed potatoes, cooked rice, cooked egg noodles or baked potatoes

Method:

1. In a large skillet over medium high heat, brown the ground beef, garlic, and onion until beef is cooked through.
2. Add the mushrooms, sauté for 3-4 minutes, then add the beef broth.
3. Bring to a boil.
4. Combine cornstarch and water, then add to boiling broth and continue to boil for a couple minutes until the sauce starts to thicken into gravy, stirring often.
5. Stir in the parsley, then season with salt and pepper. Remove from heat.
6. Serve over mashed potatoes, cooked rice, cooked egg noodles, or baked potatoes.