

HAMBURGER GRAVY

Gluten Free • Dairy Free • Delicious

This family favorite is comfort food at its best. We love it over mashed potatoes!

Ingredients

- 2 Tablespoons olive oil
- 1 cup diced yellow onion
- 2 pounds ground beef
- 6 Tablespoons potato starch + 6 Tablespoons cold water
- 1 teaspoon red wine vinegar
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon finely ground black pepper

Notes

1. If you don't have red wine vinegar, use white vinegar instead.
2. Don't want to use potato starch? Try tapioca starch, arrowroot starch, or even corn starch instead, depending on what works best for your family. The texture will differ with each; we prefer potato starch: it makes the gravy smooth, but not gummy.
3. Still missing that creamy factor? Try adding a dollop of full fat mayonnaise to the gravy, or swirl in a dollop of coconut milk.

Method

- 01 In a large sauté pan or Dutch oven, heat the olive oil over medium. Add the chopped onions and cook for 8-10 minutes until soft and golden, but not burned.
- 02 Turn up the heat to medium high and add the ground beef to the pan, crumbling it with your fingers as you go. Sprinkle the meat with salt and pepper and cook until it is completely brown without any pink.
- 03 Whisk the potato starch into 6 Tablespoons cold water. Set aside.
- 04 Pour the broth into the hot pan. Add the potato starch/water slurry to the pan; whisk and cook over medium high heat until thickened.
- 05 Add the red wine vinegar; give it another good stir, then taste, adding more salt or pepper to your liking.

