Meatballs with Creamy Brown Gravy

Tender skillet meatballs in a rich, creamy gravy. Spoon over mashed potatoes for a comforting dinner.

BROWN 6-8 MIN • SIMMER 10-15 MIN • FINISH 2-3 MIN

MEATBALLS

1 lb ground beef
½ lb ground pork or all natural Italian sausage, optional; or additional beef for an all-beef version
1 egg
½ cup breadcrumbs or crushed crackers
¼ cup milk
¼ cup finely diced onion
2 cloves garlic, minced
1 tsp Worcestershire sauce
1 tsp salt
½ tsp pepper
½ tsp garlic powder
½ tsp onion powder
¼ tsp nutmeg, optional
1 tbsp butter or oil, for browning



GRAVY

2 tbsp butter
2 tbsp flour
2 cups beef broth
½ cup heavy cream or half-and-half
1 tsp Worcestershire sauce
½ tsp Dijon mustard, optional
Salt and pepper, to taste

METHOD

01 **Mix and shape.** Soak the breadcrumbs or crackers in the milk for **2-3 minutes**. Add the meat, egg, onion, garlic, Worcestershire, seasonings and optional nutmeg. Mix gently, then roll into evenly sized meatballs.

02 **Brown.** Heat **1 tbsp butter or oil** in a skillet over medium-high heat. Brown the meatballs on all sides, about **6-8 minutes** total, working in batches if needed. Transfer to a plate; they will finish cooking in the gravy.

03 **Make the gravy.** In the same skillet, melt **2 tbsp butter**. Whisk in the flour and cook **1 minute**. Slowly whisk in the broth, then add the Worcestershire and optional Dijon. Simmer until slightly thickened.

04 **Simmer.** Return the meatballs to the gravy. Cover and gently simmer **10-15 minutes**, until the centers reach **160°F** on a food thermometer; cook longer if needed.

05 **Finish.** Stir in the cream or half-and-half. Gently simmer **2-3 minutes** more. Season the gravy with salt and pepper to taste.

To serve: Spoon over mashed potatoes. Add green beans, roasted carrots, peas or a simple salad.

Lori's favorite: 1 lb beef + ½ lb all natural mild Italian sausage, with beef broth, cream, Worcestershire and Dijon in the gravy. For all beef, use 1½ lb ground beef.

Before you shop

For the meatballs and gravy, I prefer organic flour and all natural Italian sausage. Check the breadcrumbs or crackers, broth, Worcestershire sauce, and Dijon mustard.

Flour: I prefer organic flour, using the same flour type and amount listed in the recipe.

Tortillas: I look for organic tortillas and still read the ingredient list. Homemade tortillas are welcome, too.

Taco seasoning: Read the ingredient list and choose a blend without added food dyes. My Easy Taco Lasagna includes a homemade seasoning blend.

Chips and dressing: For Taco Salad, I use Late July Nacho Cheese tortilla chips, but any plain salted tortilla chip works. The recipe includes my homemade Western dressing, with avocado oil preferred and canola oil as an option. Any Western, French, or Catalina dressing also works.

Other packaged ingredients: I choose all natural sausage, uncured bacon, and uncured pancetta. Read labels on sauces, dressings, broth, crackers, bread, chocolate chips, and seasoning blends for added colors or flavorings you prefer to avoid.

Keep it practical: Organic is my shopping preference, and I still read the label. Start with the basic ingredients for a meal you want to make, then build from there.

Read my everyday pantry notes