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*by ewfood*

## Broccoli, Beef & Potato Hotdish



## Ingredients

1 1/2 pounds broccoli, cut into 1-inch florets (about 6 cups)  
2 tablespoons canola oil, divided  
1 1/2 pounds 95%-lean ground beef  
1 large onion, chopped  
2 tablespoons Worcestershire sauce  
1 teaspoon garlic powder  
1 1/4 teaspoons salt, divided  
4 cups low-fat milk  
1/3 cup cornstarch  
2 cups shredded sharp Cheddar cheese, preferably orange  
1/4 teaspoon ground turmeric  
4 cups frozen hash-brown or precooked shredded potatoes (see Note)  
1 large egg, lightly beaten  
1/2 teaspoon freshly ground pepper  
Canola or olive oil cooking spray  
1/4 teaspoon Hungarian paprika, preferably hot

## Preparation

- 1 Preheat oven to 450°F.
- 2 Toss broccoli with 1 tablespoon oil in a large bowl. Spread out on a baking sheet and roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.
- 3 Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 to 12 minutes. Stir in Worcestershire, garlic powder and 1/4 teaspoon salt. Set aside.
- 4 Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 to 8 minutes total. Remove from the heat and stir in Cheddar, 3/4 teaspoon salt and turmeric until the cheese is melted.
- 5 Spread the beef mixture in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.
- 6 Combine potatoes, egg, pepper and the remaining 1/4 teaspoon salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.
- 7 Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand for 10 minutes before serving.

## Cooks Note

**Make Ahead Tip:** Prepare through Step 6; cover and refrigerate for up to 1 day or freeze for

up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes before baking (Step 7).

Note: Precooked shredded potatoes can be found in the dairy section of most supermarkets or near other fresh prepared vegetables in the refrigerated produce section. To make your own, halve 1 pound unpeeled baking potatoes; cook in lightly salted boiling water until slightly tender but still firm in the center, 7 to 10 minutes. Let cool on a clean cutting board. Shred using the large holes of a box grater.

Source: [www.eatingwell.com/recipes/broccoli\\_beef\\_potato\\_hotdish.html](http://www.eatingwell.com/recipes/broccoli_beef_potato_hotdish.html) [6]

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