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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 though, 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 [6]