

Introduction:

Looking for a hearty and budget-friendly meal that's sure to satisfy the whole family? Look no further than Poor Man Husband Casserole. This comforting dish combines simple ingredients like ground beef, mashed potatoes, and cheese to create a satisfying meal that's perfect for any night of the week. With its rich flavors and easy preparation, this casserole is a true crowd-pleaser.

Ingredients:

- 1 pound ground beef □
- 1 onion, diced □
- 2 cloves of garlic, minced □
- 1 can (14 ounces) diced tomatoes, undrained □
- 1 can (8 ounces) tomato sauce □
- 1 teaspoon dried oregano □
- 1 teaspoon dried basil □
- Salt and pepper to taste □
- 4 cups mashed potatoes (prepared from 2 pounds of potatoes) □
- 1 cup shredded cheddar cheese □

Instructions:

1. **Preheat Oven:** Preheat your oven to 375°F (190°C).
2. **Cook Ground Beef:** In a large skillet, cook the ground beef over medium heat until browned. Drain any excess fat.
3. **Add Onion and Garlic:** Add the diced onion and minced garlic to the skillet with the ground beef. Sauté until the onion becomes translucent and fragrant.
4. **Prepare Sauce:** Stir in the diced tomatoes, tomato sauce, dried oregano, dried basil, salt, and pepper. Bring the mixture to a simmer and let it cook for about 10 minutes, allowing the flavors to meld together.
5. **Prepare Mashed Potatoes:** Meanwhile, prepare the mashed potatoes

using your preferred method. You can boil the potatoes until tender, then mash them with butter, milk, salt, and pepper until smooth and creamy.

6. **Assemble Casserole:** Transfer the ground beef mixture to a greased 9×13-inch baking dish, spreading it out evenly. Spoon the mashed potatoes over the beef mixture, spreading them to cover the entire surface.
7. **Add Cheese:** Sprinkle the shredded cheddar cheese evenly over the mashed potatoes.
8. **Bake:** Place the casserole in the preheated oven and bake for 25-30 minutes, or until the cheese is melted and bubbly, and the casserole is heated through.
9. **Serve:** Once baked, remove the casserole from the oven and let it cool for a few minutes before serving.



Poor Man Husband Casserole

Notes:

- Feel free to customize this casserole by adding your favorite seasonings or vegetables to the ground beef mixture.
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Cook Techniques:

- Be sure to drain any excess fat from the cooked ground beef to prevent the casserole from becoming too greasy.
- Make sure the mashed potatoes are spread evenly over the beef mixture to ensure even cooking.

FAQs:

Can I use instant mashed potatoes instead of homemade mashed potatoes?

Yes, you can use instant mashed potatoes if you're short on time. Follow the package instructions to prepare the mashed potatoes before adding them to the casserole.

Can I freeze this casserole?

Yes, you can freeze this casserole before baking. Cover it tightly with plastic wrap and aluminum foil, then freeze for up to 3 months. When ready to bake, thaw it overnight in the refrigerator before baking as directed.

Conclusion:

Poor Man Husband Casserole is a classic comfort food dish that's perfect for satisfying hungry appetites on a budget. With its simple ingredients and easy preparation, it's a go-to recipe for busy weeknights or cozy family dinners. Serve up a slice of this hearty casserole and watch as it disappears in no time, leaving everyone feeling warm, full, and happy.

More Recipe Suggestions and Combinations:

- Serve this casserole with a side salad or steamed vegetables for a complete meal.
- Try adding cooked bacon or diced ham to the ground beef mixture for extra flavor.
- For a vegetarian version, substitute the ground beef with cooked lentils or black beans.



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