

DINNERLY



Customize with Plant-Based Ground

BBQ Beef & Mashed Potato Casserole



30-40min



2 Servings

| This version of the recipe is customized with plant-based ground.

WHAT WE SEND

- 2 russet potatoes
- 2 scallions
- 2 (¾ oz) pieces cheddar ⁷
- 1 carrot
- ½ lb pkg plant-based ground ^{1,6,15}
- 2 oz barbecue sauce

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter ⁷
- ¼ cup milk ⁷

TOOLS

- medium saucepan
- box grater
- medium ovenproof skillet
- potato masher or fork

ALLERGENS

Wheat (1), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 42g, Carbs 71g, Protein 34g



1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high, then uncover and cook until easily pierced with a fork, 12–15 minutes. Drain potatoes and return to saucepan. Cover to keep warm until step 4.



2. Prep ingredients

Finely chop 2 **teaspoons garlic**. Trim ends from **scallions**, then thinly slice. Coarsely grate **all of the cheddar** on the large holes of a box grater. Scrub and trim **carrot**, then cut into ¼-inch pieces.



3. Cook plant-based ground

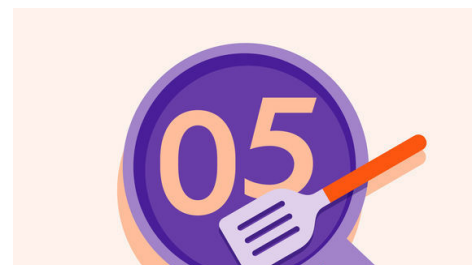
Heat 1 **tablespoon oil** in a medium ovenproof skillet over medium-high. Add **carrots**; cook until slightly browned, 3–5 minutes. Add **plant-based ground**, **chopped garlic**, **half of the scallions**, and a **pinch each of salt and pepper**. Cook, breaking up ground into bite-sized pieces, until browned in spots, 3–4 minutes. Stir in **barbecue sauce** and ¼ **cup water**.



4. Prep casserole

Preheat broiler with a rack in the upper third.

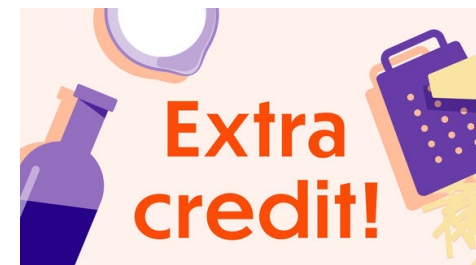
Return saucepan with **potatoes** to medium heat; add 2 **tablespoons butter** and ¼ **cup milk**. Using a potato masher or fork, coarsely mash; season to taste with **salt** and **pepper**. Dollop mashed potatoes over **BBQ plant-based ground**, spreading into an even, but rough layer. Sprinkle **cheese** over top.



5. Broil casserole & serve

Transfer **casserole** to upper oven rack and broil until **cheese** is melted and bubbling, 5–10 minutes (watch closely as broilers vary). Let sit 5 minutes.

Serve **plant-based BBQ "beef"** and **mashed potato casserole** topped with **remaining scallions**. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.