

# DINNERLY



## BBQ Beef & Mashed Sweet Potato Casserole

with Cheddar Cheese



30-40min



2 Servings

We're just some hangry cooks, standing in front of our fridge, asking it to be filled with the ingredients for this steamy one-skillet mashup of our favorite meals: barbecue beef and cheesy sweet potato mash. Until then, we'll be waiting impatiently by the door for our Dinnerly box. We've got you covered!

## WHAT WE SEND

- 2 sweet potatoes
- 2 scallions
- 2 (¾ oz) pieces cheddar <sup>1</sup>
- 3 oz carrots
- 10 oz pkg grass-fed ground beef
- 2 oz barbecue sauce

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter <sup>1</sup>
- ¼ cup milk <sup>1</sup>

## TOOLS

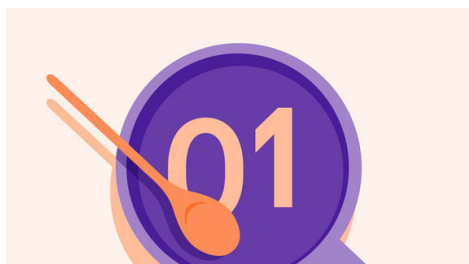
- medium saucepan
- box grater
- medium ovenproof skillet
- potato masher or fork

## ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

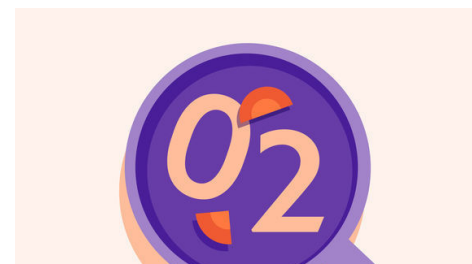
## NUTRITION PER SERVING

Calories 890kcal, Fat 42g, Carbs 77g, Protein 39g



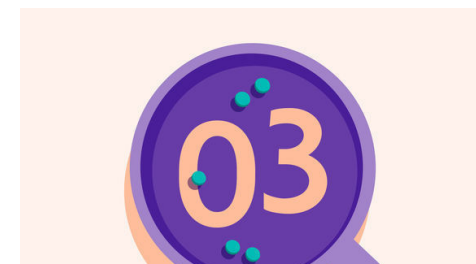
### 1. SWEET POTATO VARIATION

Peel **sweet 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.



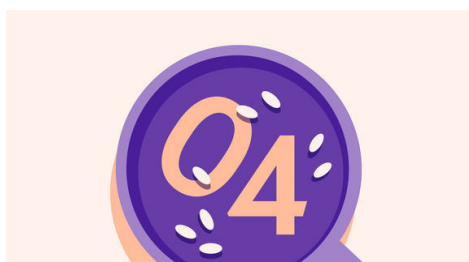
### 2. Prep ingredients

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 beef

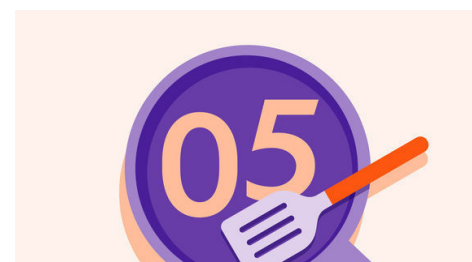
Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **carrots**; cook until slightly browned, 3–5 minutes. Add **beef, chopped garlic, half of the scallions, and a pinch each of salt and pepper**. Cook, breaking up meat into smaller pieces, until well browned and cooked through, about 5 minutes. Stir in **barbecue sauce** and **¼ cup water**.



### 4. Prep casserole

Preheat broiler with a rack in the upper third.

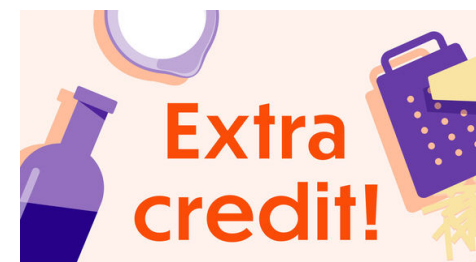
Return saucepan with **potatoes** to medium heat; add **2 tablespoons butter** and **¼ cup milk**. Using a potato masher or fork, coarsely mash; season to taste with **salt** and **pepper**. Dollop mashed potatoes over **BBQ beef**, spreading into an even, but rough layer. Sprinkle **cheese** over top.



### 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 **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.