RECIPE

Ground Chicken* & Potato* Bake



Ready in **60 minutes**

Serves **8 people**

OVEN: Preheat to 350 degrees F

What you need:

- ❑ 2-3 qt casserole dish
- ❑ Medium-large pot
- ❑ Large frying pan
- ❑ Liquid measure cup
- ❑ 1 tbs measure
- ❑ 1 tsp measure
- ❑ Wooden or plastic spoon
- ❑ Potato masher
- ❑ Potato peeler

Ingredients

- 6-8 medium potatoes*, sweet potatoes or mashed cauliflower (about 4-6 cups)
- ¾ cup of milk (soy, cow, almond etc)
- 3 tbs parmesan cheese or Nutritional yeast
- 1 lb of either ground beef*, ground chicken/turkey or 1 can of lentils
- 2 cloves of garlic minced (or 1 tbs minced)
- 1 tbs oil
- 2 cups mixed frozen vegetables (or fresh)
- 2 tsp Worchestershire sauce
- 1 tbs spice mix (see below)
- 1 tsp cornstarch
- ½ cup stock (vegetable, beef or chicken)

Preparation

1. **Peel potatoes (of your choice)** Dice into 1 inch size pieces.
    - Rinse and place in a medium size pot.
    - Fill with water and place on high heat until boiling.
    - Reduce heat to medium. Cook about 20 minutes until fork-tender
2. Once potatoes are cooked, strain. Add milk. Mash well and set aside

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3. **Meanwhile, add oil and garlic to the frying pan on medium-high heat.**
    - Stir for about 2-3 minutes.
    - Add ground meat or lentils (*Note, you can also add lentils to both ground meat)
4. Stir and cook thoroughly until meat is no longer pink and juices are clear.
5. **Add vegetables**, stirring for about 3-5 minutes until cooked through.
6. Add seasoning mix and cornstarch. Stir.
7. Add broth. Mix well, and cook over medium heat until sauce is begins to thicken
8. Add meat mix to bottom of casserole dish. Spread potato mash evenly on top. Sprinkle with parmesan cheese.
9. Bake in oven at 350 degrees F for about 30-45 minutes, until bubbling (and thermometer reaches 165 degrees

Tips

- **Start potatoes- get them into your pot and turned on; then start meat (step 3)**
- **SEASONING MIX: any premade chicken/beef mix can be used.**

  <u>Otherwise, consider:</u>

  ½ tsp cumin, ¾ tsp paprika, 1 tsp dried minced onion, ¼ tsp celery seed,

  ½ tsp basil, ½ tsp pepper

- **Consider trying sweet potatoes mashed with regular potatoes (if some don't love sweet potatoes); for lower- carb, use mashed cauliflower**

- **Boost your fibre & reduce cost by adding a can of lentils to your ground meat (or eliminate meat altogether)**

Recipe Notes:

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Recipe rating: (have kids colour)

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