



*cara price*

## "CHEESY" BEEF & POTATO CASSEROLE

### INGREDIENTS

- 2 pounds ground beef or wild game
- 7-8 large red potatoes, peeled & sliced very thin (about 2 pounds)
- 2 cans full fat coconut milk
- 1 16-ounce bag frozen chopped kale or spinach
- ½ of a yellow onion
- 3 cloves garlic, minced
- ¼ cup ghee
- 3 tablespoons arrowroot flour
- 2 tablespoons nutritional yeast
- 2 tablespoons olive oil
- 4 teaspoons salt, divided
- 1 teaspoon pepper
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- Parsley for garnish

### DIRECTIONS

Preheat oven to 375.

In a large, oven safe skillet heat the olive oil over medium-high heat. Add in the chopped onion & sauté until golden.

Add the garlic & the ground meat to the skillet & cook until most of the pink is gone, stirring to crumble it while cooking. Sprinkle 2 teaspoons of the salt, the pepper, cumin & smoked paprika over the meat & stir to mix well. Add the frozen kale (or spinach) to the skillet & stir to combine it into the meat. Turn off heat on stove.

### DIRECTIONS - CONT'D.

Lay the sliced potatoes all over the top of the meat mixture, layering if necessary. (it's okay if they overlap or if it makes 2 layers of potatoes) Make sure meat is completely covered with potatoes.

In a medium size saucepan, heat the ghee over medium heat until melted & slightly bubbly on the edges. Add in the arrowroot flour & quickly stir with a whisk. Immediately pour the 2 cans of coconut milk into the pan & whisk well.

Continue cooking the coconut milk mixture over medium until it begins to boil on the edges. Then add in the remaining salt & the nutritional yeast. Whisk vigorously to combine. Cook an additional 2 minutes, whisking often. Turn off the heat & let it sit on the stove top 2 more minutes.

Pour the "cheesy" milk all over the top of the potatoes. Making sure to cover the entire top of the potatoes.

Cover the skillet & bake 45 minutes. Remove the cover/foil & turn the heat up to 425 & bake an additional 15 minutes until top is browned.

Alternately you can also turn the oven on broil the last 5 minutes of cooking to ensure a nicely browned top.

Garnish with parsley & serve!