

Cottage Pie for Our Daily Bread

Preheat Oven to 375 degrees.

Layer 1 Meat & Seasonings...placed on the bottom of the baking pan. (Please use a ODB half steam table pan available at UUCY three weeks before the Sunday due date.)

2 onions, finely chopped or use Giant's frozen chopped onions.(2 cups total).
2 pounds lean ground beef (I use 80/20 ground beef).
1/4 cup all-purpose flour, additional 1/8 cup if needed to thicken.
12 oz. beef broth or a 14 oz. can of broth.
2 tablespoons ketchup mixed into beef broth.

Spray a large frying pan with Pam. Add ground beef & cook until well browned. Push meat to one side of pan. Add the onions to the fat and cook until clear. Stir flour into the onion/fat mix & cook until blended. Add the ketchup & beef broth mix. Mix well with the meat, onion, etc. Bring to a boil, reduce heat & simmer for 5 minutes until thickened. May need an additional 1/8 c. flour and more time simmering to thicken like pudding. Spray Pam in the bottom of the ODB pan. Spread the beef mixture in an even layer on the bottom of the pan.

Layer 2...Vegetables...**3 cups frozen peas & carrots or mixed vegetables.**

Pour vegetables into a 1 quart microwavable container and add water to cover. Microwave 5 minutes until hot. Drain and distribute the vegetables over the meat.

Layer 3...Mashed Potatoes. **MAKE 10 SERVINGS** Add **1 C shredded cheese** to the potatoes. **Mashed Potatoes can be your home recipe or prepared such as: Bob Evan's or Giant refrigerated mashed potatoes OR boxed potato flakes, reversing the amount of milk and water and adding more butter. OR a 32 oz. package of frozen Potatoes O'Brien prepared according to the package directions.** Cheese needs to be mixed into the potatoes so that it does not stick to the foil top sprayed with PAM. Spread the mashed potatoes on top of the vegetables, sealing the casserole to the edges.

LEAVE ½ to 1 INCH of space in the pan above the potatoes so that the casserole does not bubble over into the oven (a request of the ODB kitchen).

Bake uncovered in the 375 degrees preheated oven for 30 minutes or until golden brown.

Cool the ODB pan completely before covering with one layer of foil sprayed on the food side with Pam. Seal foil around pan edges. Write your initials and the serving day on the foil with a Sharpee marker (example: cg 11/13). We serve our casseroles at ODB on Nov. 13, 2019 and in 2020: Jan. 8th, March 11, May 13, July 8, Sept. 9 and Nov. 11.

Freeze and deliver to UUCY on the Sunday before our serving date on the second Wednesday of the odd months.