

Ground Beef and Potato Casserole



Ingredients:

- 3 medium white potatoes
- 1 lb. lean ground beef
- ½ c. onion, chopped
- ¼ c. celery, chopped
- 1 tsp. garlic, minced
- 1 tsp. celery leaves, dried
- ½ tsp. salt
- ¼ tsp. pepper
- ½ tsp. red pepper flakes

Cheese sauce

- 2 T. butter
- 2 T. flour
- ¾ cup milk
- ½ cup shredded low-fat cheddar cheese
- ½ tsp. nutmeg
- ¼ tsp. chili powder
- Salt and pepper to taste

Topping

- 1 pinch paprika
- Shredded low-fat cheddar cheese

Directions:

1. Spray baking dish with cooking spray and set aside. Preheat oven to 375 degrees F.
2. Spray a large skillet with cooking spray and brown ground beef. Drain ground beef if necessary. Add onions and celery to same skillet and cook until soft, adding rest of spice ingredients through pepper flakes. Stir well. Pour into a bowl and set aside.
3. Using the same skillet, melt butter. Add flour to butter and stir for one minute over medium-high heat. Gradually add milk and stir. Cook until bubbly and thickened. Add cheese, nutmeg, salt, pepper, and chili powder and continue to stir until cheese is melted.

4. Spoon $\frac{1}{4}$ cup ground beef mixture and spread evenly on bottom of baking dish. Add 1 layer of potatoes. Alternate ground beef mixture, then potatoes until completely used.
5. Pour cheese sauce over ground beef and potato mixture. Top with a pinch of paprika and grated cheese. Bake for 1 hour, or until potatoes and beef are bubbly and done.