Beef, Green Bean and Mushroom Tot Hotdish

1 shallow 9×13 in (23×33 cm) pan, about 6 substantial main-dish portions · Active 30 min · Total 1 hr 40 min

Ingredients

- 1 lb (450 g) ground beef, about 90% lean
- 1 medium onion, finely chopped, about 1 cup (150 g)
- 8 oz (225 g) mushrooms, sliced
- 1 tbsp (15 ml) neutral oil
- 3 tbsp (25 g) all-purpose flour
- 1¼ cups (300 ml) milk
- ¾ cup (180 ml) low-sodium beef or vegetable stock
- 1 tsp (5 g) Dijon mustard
- ½ tsp (2 g) garlic powder
- ¼ tsp ground black pepper
- 1 lb (450 g) frozen cut green beans
- 3 oz (85 g) cheddar, coarsely grated, about ¾ cup
- 1⅔ lb (750 g) frozen potato tots
- Up to ¼ tsp (1.5 g) fine salt, only if needed after tasting the cooked sauce

Set out

Oven, Shallow 9×13 in (23×33 cm) baking dish, at least 3 qt/2.8 L capacity, Large 12 in (30 cm) deep skillet, Spoon, Whisk, Measuring jug, Rimmed baking sheet, Food thermometer, Clean heatproof bowl for the cooked beef, Suitable foil if the topping colors before the center finishes

Allergens

Milk, Wheat, Mustard. Check labels and substitutions.

Make it

1. Heat the oven to 425°F (220°C). Set the baking dish on the rimmed sheet. Heat the skillet over medium-high heat. Add the beef and onion, break the meat into small pieces and cook 8–10 minutes until the onion is soft and the beef reaches 160°F (71°C). Spoon the mixture into a bowl; leave about 1 tbsp fat in the skillet and discard excess safely.

2. Add the oil and mushrooms. Cook over medium-high heat 8–10 minutes, stirring, until the mushrooms brown and their released water has evaporated. Reduce the heat to medium, sprinkle in the flour and stir for 1 minute.

3. Gradually whisk in the milk and stock. Add the mustard, garlic powder and pepper. Bring to a simmer and cook 3–4 minutes, stirring, until the sauce coats a spoon. Return the beef and onion and stir in the frozen green beans. Heat 5–6 minutes, stirring, until the beans are hot and the filling is steaming. Taste the fully cooked filling and add salt only if needed.

4. Spread the hot filling in the baking dish and scatter over the cheddar. Arrange the frozen tots in one even layer, not a pile. Bake uncovered 35–45 minutes, until the tots are crisp and the casserole reaches 165°F (74°C) in the center and several other places. If the top browns too quickly before the center is hot, loosely cover with foil.

5. Rest 5 minutes before serving. Spoon each portion through the topping and filling so everyone gets both.

Beef, Green Bean and Mushroom Tot Hotdish

1 shallow 9×13 in (23×33 cm) pan, about 6 substantial main-dish portions · Active 30 min · Total 1 hr 40 min

Taking the pan somewhere

Serve promptly or keep at 140°F (60°C) or hotter during hot holding. For a later event, chill in shallow portions and transport at 40°F (4°C) or colder, then reheat to 165°F (74°C) at the destination. Confirm a suitable oven is available; a warm car is not a holding cabinet.

Ingredient labels

Check stock, mustard and potato tot labels for additional allergens, including soy, wheat or milk.

A useful detail

The listed cook time includes overlapping stovetop and oven work; the 100 minute total allows the final rest. Different brands of tots brown at different rates. A browned top is a texture cue, while 165°F (74°C) in the filling is the final doneness check.

Keep it well

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Divide the remaining hotdish into shallow portions rather than chilling the whole deep pan. Use within 3 days. Reheat portions to 165°F (74°C), covering loosely at first and uncovering near the end to restore some crispness. Freeze cooled portions within their safe window for up to 2 months for quality; thaw in the refrigerator before reheating.