

Hamburger Potato Hotdish



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Yield: About 4

Ingredients

- 1 pound lean ground beef
- 6 large red potatoes, sliced
- 1 large onion, diced
- 1 (10 ½ ounce) can cream of chicken soup
- 1 cup low-fat milk
- Pepper to taste

Directions

1. Wash hands with soap and warm water.
2. Wash, peel, and slice potatoes ¼ inch thick.
3. Wash, peel, and finely dice onions.
4. Brown ground beef, add onions, and drain off fat.
5. In a greased baking dish, layer 2 potatoes. Add ⅓ of ground beef and ⅓ of cream of chicken soup. Repeat this process twice.
6. Add 1 cup low-fat milk. You may need to add more milk during the baking process.
7. Cover with foil and bake for 1 hour.
8. Bake for 1 hr 30 minutes or until done. (Internal temperature of 165 °F)



Image source: SouthYourMouth, 2021

Nutrition Information Per Serving: Calories 750, Total fat 21 g, Saturated fat 8 g, Unsaturated fat 0g, Cholesterol 89 mg, Sodium 109 mg, Carbohydrates 108 g, Dietary fiber 13 g, Added Sugar 0 g, Protein 36.4 g

Recipe from Diane Reinhold, Nutrition & Wellness Educator, University of Illinois Extension, 2021

Tips for the Kitchen:

- Red potatoes have a low starch content and have a slight undertone of sweetness. They are characterized by their creamy, firm, and moist flesh. These potatoes work great for roasting and boiling and are excellent when used in potato salads and casseroles because they don't get mushy and hold their shape well after cooking.
- Hotdish or casserole? What you call these tasty dishes will likely depend on where your hang your hat. The term hotdish is typically used in the upper parts of Minnesota and North Dakota. However, these words essentially represent the same thing, a one-dish meal.
- The word casserole originally referred to the pan in which the dish was cooked. Casserole, is from a French word meaning "sauce-pan"; a large, deep dish used either to cook something in an oven or to serve the food cooked in it.