

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Classic casserole remake

*Casserole recipes can get a bad rap. Perhaps you recall those one-dish wonders as boring, mundane and lacking flavor, or maybe they remind you of “how we used to eat when we were kids.” Banish such notions from your mind.*

### A new take

Today's casseroles are bursting with flavor, unique ingredients and palate-pleasing textures. Sure, they nod to the casseroles of yesteryear, but that's where the resemblance ends.

Take Shepherd's Pie, for example. We'll admit, back in the day it was a bit of a gloppy mess — mashed potatoes blanketing a watery meat and veggie sauce underneath. Who knows what Mom hid under those potatoes? Never you mind. This recipe is different. In fact, you may want to feature Shepherd's Pie on your weekly menu henceforth.

Let's not forget classic lasagna. Yes, it's still a tasty favorite, but we beg you to consider Tortilla Lasagna. The combination of ground beef with taco seasonings, salsa and diced chili peppers, layered with enchilada sauce and tortillas is mouthwatering.

With these casserole recipes in your arsenal you can proudly declare, “Casseroles are making a comeback!” Today's casseroles are game changers. Make 'em, bake 'em and take 'em to your next potluck, friendly gathering or foodie affair. We dare you.



## Tortilla Lasagna

### Ingredients:

- 2 lb. CAB® ground chuck, cooked and drained
- 1 (1.25-oz.) package taco seasoning
- ¾ cup water
- 1 cup chopped green onions
- 1 (16-oz.) jar salsa
- 12 (6-in.) corn tortillas
- 5 (4-oz.) cans diced mild green chilies
- 1 lb. grated Monterey Jack cheese
- 1 (10-oz.) can mild enchilada sauce

### Instructions:

1. Preheat oven to 350° F.
2. Combine cooked ground beef with taco seasoning, water and green onions. Stir in salsa.
3. Spray 9-inch × 13-inch pan with nonstick spray. Place a layer of tortillas in the bottom. Top with one-third of the green chilies, ground beef, cheese and enchilada sauce. Repeat layers twice, using cheese on top. Cover with foil and bake at 350° F for 45 minutes. Remove foil and bake an additional 10 minutes.

Serves 8.



## Shepherd's Pie

### Ingredients:

- 1½ lb. CAB® ground beef, 90% lean
- 1½ lb. Idaho® potatoes
- 2 medium parsnips (1 pound)
- 1 Tbs. rendered bacon fat or butter
- 1 onion, small dice
- 1 carrot, small dice
- 2 cloves garlic, minced
- 1 tsp. dried rosemary
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- 2 Tbs. tomato paste
- 2 Tbs. Lea & Perrins® Worcestershire Sauce
- 1 tsp. kosher salt

- 1 tsp. red pepper flakes
- ¼ cup flour
- 2 Tbs. medium ground yellow cornmeal
- 4 Tbs. butter
- 2 Tbs. sour cream
- ⅛ tsp. ground nutmeg
- 10-in. cast-iron skillet

### Instructions:

1. Peel potatoes and parsnips. Cut into 1-inch chunks, cover with salted water in a pot and boil until tender.
2. In a cast-iron skillet, simmer bacon fat, onion, carrot, garlic, rosemary, thyme and oregano for 5 minutes. Add ground beef, increase heat to

medium and brown until no pink remains, stirring occasionally. Stir in tomato paste, Worcestershire, salt, red pepper, flour and cornmeal; remove from heat and set aside.

3. Preheat oven to 400° F. Pass potatoes through a food mill or mash with a potato masher. Stir in butter, sour cream and nutmeg. Add salt and pepper to taste if desired. Top beef mixture with mashed potatoes, spreading evenly and to the edges. Bake until potatoes are golden, about 25 minutes.

Serves 4-6.