

## American Casserole *Makes 9x13 casserole (serves 6)*

*Use home-grown, grass-fed and organic ingredients whenever possible.*

### **Ingredients:**

- 6 cups sliced potatoes (do not peel if using organic) (or use ½ yams + potatoes)  
(This will be 2 lbs total of potatoes.)
- 1 tsp Himalayan pink salt
- ½ tsp pepper, freshly ground
- 1 cup onion, chopped OR 4 green onions, thinly sliced, white & green parts
- 2 cups (10 oz) frozen mixed vegetables of any kind
- 2 cans (10 oz) “cream of something” soup (or homemade). Spread evenly over top.
- 1 lb burger, browned (add 1 TBSP of any savory spice to the burger)
- 4 - 6 oz cheddar cheese, grated (1 to 1 ½ cups)

### **Directions:**

1. Grease the bottom of a 9x13 casserole dish generously with butter or olive oil.
2. Layer half of the sliced potatoes, sprinkle with ½ tsp salt
3. Layer ½ of the onion
4. Layer the other half of the sliced potatoes, sprinkle with ½ tsp salt
5. Layer the other ½ of the onion
6. Layer the frozen mixed vegetables
7. Spread the cream soup over the mixed vegetables
8. Layer the cooked burger
9. Top with the grated cheese
10. Cover tightly. (You can use a flat baking stone or heavy baking sheet on top of the casserole dish.)
11. Bake 60-90 minutes. Potatoes should be tender (poke with a fork).
12. Let rest 10 minutes before serving.

### **If you want to freeze for later:**

- Cover tightly with plastic wrap, then heavy aluminum foil and freeze.
- Thaw 1-2 days in the refrigerator. Remove plastic wrap.
- Bake covered for 1 ½ - 2 hours at 350° or until potatoes are tender.