

# Beef and Mushroom Casserole

with cheesy cauliflower gratin

## Ingredients

- 250g ground beef
- 285g cauliflower florets
- 1/2 cup parmesan cheese
- 1 cup mushrooms, around 113g
- 1tbsp italian seasoning
- 1tbsp soy sauce
- 1 package crushed tomato
- 4 large cloves garlic
- 1/4 tsp onion powder *THIS IS A GUESS BECAUSE THE ORIGINAL RECIPE USED A FLAVORED CRUSHED TOMATO*
- 2tbsp butter
- 1tbsp oil
- salt and pepper to taste

## Preparation

- Preheat oven on broil.
- Bring 8 cups and 1tsp salt to a boil in a large pot
- Cut cauliflower florets into 1 inch pieces. Slice mushrooms. Mince garlic.
- Add cauliflower to boiling water and cook until fork tender, around 6-8 minutes. Drain cauliflower and set aside.
- Reduce heat to medium and return pot to heat.
- Add 1 tbsp butter and melt.
- Add HALF the garlic and cook until fragrant.
- Remove the pot from heat and add the cauliflower back in. Add the rest of the butter and season with salt/pepper.
- Mash the cauliflower until mostly smooth.
- Add HALF the parmesan and mash until combined.

- While cauliflower cooks, heat a large pan over medium high heat. Add 1tbsp oil and heat. Add mushrooms. Cook until golden and tender, about 3-4 minutes.
  - Add beef, then season with salt/pepper. Cook, breaking up the beef, until no pink remains, 4-5 minutes
  - Drain excess fat, then return to heat
  - Add 2 1/2 tsp italian seasoning, soy sauce, crushed tomatoes, remaining garlic, and onion powder. Bring to a gentle simmer, then reduce heat to medium
  - Cook until no longer watery, about 5-7 minutes
  - Transfer to a baking dish, smoothing out the top. Dollop cauliflower mash on top and spread evenly. Sprinkle remaining italian seasoning and parmesan on top.
  - BROIL in the top of the oven until golden brown, 2-3 minutes
  - Serve immediately
- 

Revision #2

Created Fri, May 14, 2021 7:09 PM by [Barbara](#)

Updated Wed, Jul 12, 2023 10:36 PM by [Barbara](#)