

Beef

Winter Day Dinner

Taste of Home Casseroles 1/18/2011

1 1/2 pounds ground beef
1 medium onion, chopped
2 tablespoons worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper
8 medium potatoes, sliced
1 pkg (16 oz) frozen peas, thawed
CHEESE SAUCE
1/4 cup butter, cubed
1/3 Cup All-purpose flour
1/2 Teaspoon salt
1/4 teaspoon pepper
2 cups milk
4 ounces process cheese (velveeta), cubed

Preheat oven to 350 degrees.

In a large skillet, cook the beef and onion over medium heat until the beef is no longer pink; drain. Stir in the Worcestershire sauce, salt and pepper.

In a greased 13x9-inch baking dish, layer half of the potatoes, all of the meat mixture and peas and remaining potatoes, set aside.

In a large saucepan, melt butter over medium heat. Stir in flour, salt and pepper until smooth. Gradually stir in milk. Bring to a boil, cook and stir for 2 minutes or until thickened. Stir in cheese until melted. Pour over the potatoes.

Cover and bake for 1 1/2 hours or until the potatoes are tender.

Per Serving (excluding unknown items): 3864 Calories; 245g Fat (57.0% calories from fat); 160g Protein; 255g Carbohydrate; 22g Dietary Fiber; 769mg Cholesterol; 4806mg Sodium. Exchanges: 14 1/2 Grain(Starch); 16 1/2 Lean Meat; 1 1/2 Vegetable; 2 Non-Fat Milk; 39 1/2 Fat; 1/2 Other Carbohydrates.