

BEET, MUSHROOM & POTATO CASSEROLE

From Cheryl Rogers



FILLING INGREDIENTS

2 Tbsp olive oil
1 medium onion, chopped
3 Tbsp all-purpose flour
1-1/4 cups vegetable stock

1-1/2 lbs cooked beets, peeled and chopped
(The first time I cooked beets, but they took a long time to get tender. After that I started purchasing canned beets which I chop in half or quarters and use 2 cans for my oval casserole and 3 cans for a 9 x 12 pan)

5 Tbsp almond milk
2 Tbsp creamed horseradish *(I use the Bookbinders brand)*
1 tsp hot mustard *(I use Sandwich Pal, Woeber's Hot & Spicy Mustard brand)*
1 Tbsp wine vinegar
1 tsp caraway seeds

2 Tbsp Earth Balance Natural Buttery Spread (Soy Free)
(Earth Balance is available at various health food stores in the refrigerated section)
1 shallot, chopped
8 oz assorted wild and cultivated mushrooms, trimmed and sliced
(any kind you want to try)
salt and freshly ground black pepper

3 Tbsp chopped fresh parsley (or a lesser amount if you use dried)

POTATO BORDER INGREDIENTS

2 lbs russet potatoes, peeled, cut in pieces
2/3 cup almond milk
1 Tbsp chopped fresh dill (optional)
Earth Balance Natural Buttery Spread (Soy Free) to your taste
salt and freshly ground black pepper

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INSTRUCTIONS

1. Preheat the oven to 375 degrees. Lightly oil a 9-inch round or oval baking dish. Heat the oil in a large saucepan, add the onion and cook until soft, without coloring. Stir in the flour, remove from the heat and gradually add the stock, stirring until well blended.
2. Return to the heat, stir and simmer to thicken, next add the beets, milk, creamed horseradish, mustard, vinegar and caraway seeds.
3. To make the potato border, bring the potatoes to a boil in salted water and cook for 15-20 minutes. Drain well and mash with milk. Add the dill if using and buttery spread. Season with salt and pepper.
4. Spoon the potatoes into the prepared dish (suggest you oil the dish so it doesn't stick along the edges) and make a well in the center. Spoon the beet mixture carefully into the well (so the beets don't color the potatoes) and set aside.
5. Melt the 2 Tbsp buttery spread (or use olive oil) in a nonstick frying pan and cook the shallot until soft. Add the mushrooms and cook over moderate heat until their juices begin to run. Turn up the heat and boil off the mushroom juices. When quite dry, season with salt and pepper, and stir in the fresh parsley.
6. Spread the mushroom mixture over the beet mixture (in the well area) and bake in the oven for approximately 30 minutes. Remove and garnish with a few sprigs of the parsley and serve at once.

I found it easier to prepare the mashed potatoes first. While they are cooking I prepare the items which need to be peeled and chopped. Then I mash the potatoes and put them around the dish, using a spatula to make a smooth well border. Then I wash out the pan I used for the potatoes and use that for cooking the beet mixture (rather than having so many pans out).

If you want to make this dish ahead, allow 50 minutes baking time from cool temperature.