



Winter Casserole



Ingredients:

- 1 tbsp butter
- ½ large sweet onion, diced
- 2 tsp garlic, crushed or minced
- 1 lb ground turkey
- 1 tsp salt
- ¾ tsp poultry seasoning
- salt & black pepper, to taste
- 1 ½ cups butternut squash, diced
- 1 cup chopped frozen spinach, thawed and squeezed dry
- 1 ½ cups shredded or grated potatoes, squeezed dry (or frozen hash brown potatoes)
- 2 tbsp all-purpose flour
- 1 ½ cups milk
- ½ cup shredded cheese divided (parmesan, mozzarella, cheddar)

Prep time: 20 mins
Cook time: 40-50 mins
Total time: 1 hr 10 mins
Makes 4 servings



Steps:

1. Preheat oven to 400 degrees F. Spray 8 x 11" or 9 x 13" pan with cooking spray, and set aside.
2. Peel and cut onion and garlic, then set aside.
3. If using fresh potatoes, shred or grate the potatoes and squeeze dry to get rid of excess water. If using frozen hash brown potatoes, you can skip this step.
4. Cut squash and spinach, then put in a large mixing bowl. Add potatoes to the mixing bowl.
5. Melt butter in a skillet over medium-high heat. Add onion, and stir fry 3-5 minutes until translucent. Stir in garlic, then add turkey, salt, pepper, and poultry seasoning. Stir and cook, breaking up the meat into small pieces as it browns.
6. Sprinkle flour over the meat, and stir to coat. Stir in milk, and bring mixture to a simmer, stirring often. Sauce will thicken after a couple minutes of simmering.
7. Turn off heat, and stir in 1/4 cup cheese. Pour meat mixture into the large mixing bowl with the squash, spinach, and potatoes. Stir well to combine.
8. Spread mixture into prepared baking dish. Cover with foil, and bake for 30 minutes. Remove foil, and bake 10-20 minutes longer, or until a knife can be easily inserted into squash pieces.
9. Sprinkle remaining 1/4 cup cheese over the casserole, and bake for 3-5 minutes longer. Serve warm.

Adapted from <https://wearychef.com/recipe/fall-potluck-casserole-with-turkey-and-squash/>