

Hamburger Casserole with Drop Biscuits

If you love chicken and dumplings (page 118), you'll love this beef version on a cold winter's night when energy reserves need a boost. Protein, fat, and carbohydrates come together in a perfect storm of a casserole.

SERVES 4

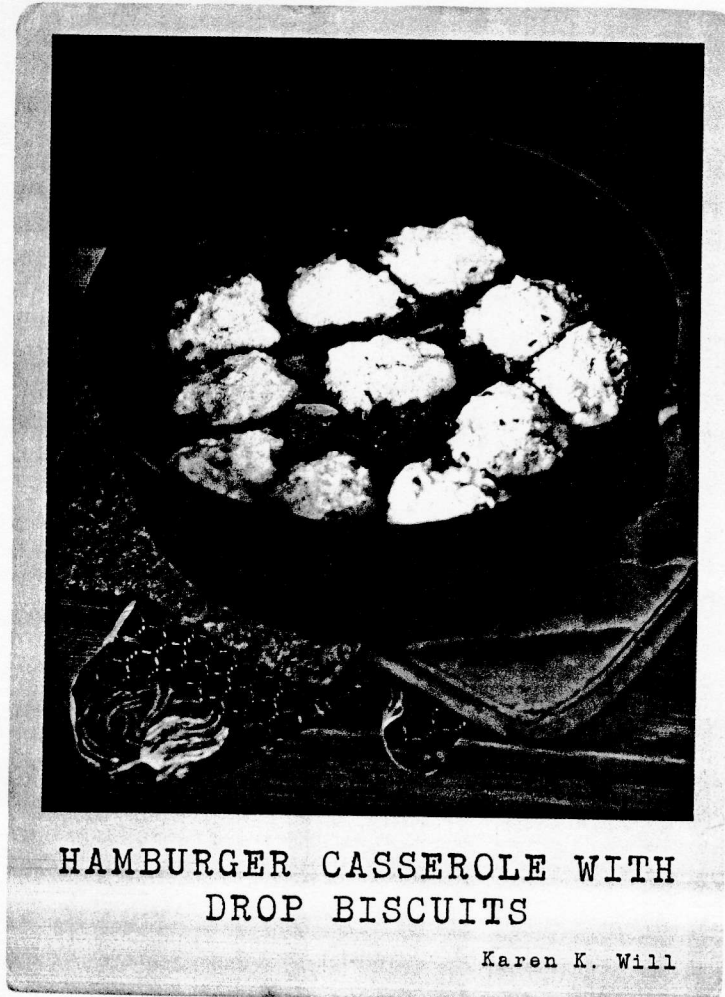
- 4 tablespoons butter or pure lard, divided
- 3 tablespoons chopped onions
- 1 pound ground beef
- 1½ teaspoons salt, divided
- Black pepper
- 1 can (15 ounces) tomato sauce
- 3½ cups canned green beans, drained
- 1 cup unbleached all-purpose flour
- 1½ teaspoons baking powder
- ½ cup (more or less) milk

Heat oven to 425°F. Grease an 8x8-inch casserole dish and set aside.

In a large skillet, melt 2 tablespoons butter or lard over medium-high heat. Add onions and beef, 1 teaspoon salt, and cook until beef is done. Season with pepper. Add tomato sauce and green beans; blend well. Turn into the prepared casserole dish and set aside.

Sift the flour, baking powder, and remaining ½ teaspoon salt together; cut in the remaining 2 tablespoons butter or lard. Stir in enough milk to make a drop batter, stirring only until flour is moistened. Drop dough by spoonfuls over the casserole.

Bake for 15 to 20 minutes, until biscuits are golden.



HAMBURGER CASSEROLE WITH
DROP BISCUITS

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