

Ingredients

1 ¼ pounds potatoes, peeled and cubed	4 cups frozen mixed vegetables
3 cloves garlic, halved	½ teaspoon black pepper
1 pound lean ground beef	½ cup shredded Cheddar cheese, divided
2 tablespoons flour	¾ cup light sour cream
¾ cup beef broth	1 teaspoon salt
3 tablespoons ketchup	

Instructions

Place cubed potatoes and garlic in a large pot with enough water to cover. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.

Preheat the oven to 375 degrees F (190 degrees C).

Brown ground beef over medium heat in a skillet. Stir in flour, mixing with beef drippings.

Add beef broth, ketchup and vegetables. Stir to combine. Cook for 5 minutes, until thick.

Transfer beef mixture into an oven-proof casserole dish.

Drain potatoes and smash them a little bit before adding 1/4 cup of grated cheese and sour cream. Mash together until smooth.

Spoon potatoes onto the middle of the meat mixture. With a fork, spread potatoes from the center to the edges to form the top layer.