

Slow-Cooked Shredded Beef with Creamy Mashed Potatoes and Broccoli Bake

Shredded Beef with Mashed Potatoes and Cheesy Broccoli Casserole



OVEN
375°F

TIME
4 min

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INGREDIENTS

Shredded Beef:
2 lbs beef chuck roast
1 tbsp olive oil
1 medium onion, chopped
3 cloves garlic, minced
2 cups beef broth
1 tbsp Worcestershire sauce
1 tsp dried thyme
1 tsp dried rosemary
Salt and freshly ground black pepper, to taste

Mashed Potatoes:
4 large russet potatoes, peeled and cubed
¾ cup heavy cream
4 tbsp unsalted butter

Cheesy Broccoli Casserole:
1 lb fresh broccoli florets, steamed until tender
1½ cups shredded cheddar cheese
¾ cup sour cream
... cup mayonnaise
... tsp garlic powder
... cup breadcrumbs (optional)
1 tbsp melted butter (optional topping)

Garnish:
Fresh parsley, chopped

DIRECTIONS

1. Prepare the Shredded Beef: Heat olive oil in a Dutch oven or large skillet over medium-high heat.
2. Season the chuck roast with salt and pepper. Sear it on all sides until browned (about 3-4 minutes per side).
3. Remove the beef and sauté chopped onion and garlic in the same pot until fragrant (2-3 minutes).
4. Add beef broth, Worcestershire sauce, thyme, and rosemary.
5. Return the beef to the pot. Cover and simmer on low for 3-4 hours, until fork-tender.
6. Shred the beef using two forks and stir into the gravy. Adjust seasoning as needed.
7. Make the Mashed Potatoes: In a large pot, boil peeled and cubed potatoes in salted water for 15-20 minutes until tender.
8. Drain and return to pot. Add cream and butter. Mash until smooth.
9. Season with salt and pepper. Cover to keep warm.
10. Bake the Cheesy Broccoli Casserole: Preheat oven to 375°F (190°C).
11. In a bowl, mix steamed broccoli, shredded cheddar, sour cream, mayo, garlic powder, salt, and pepper.
12. Pour into a greased baking dish. Optional: Mix breadcrumbs with melted butter and sprinkle on top.
13. Bake uncovered for 15-20 minutes, until bubbly and lightly golden.

TIPS FOR SUCCESS

Sear first, simmer slow : Browning the meat adds a rich, deep flavor to the final dish.

Use Yukon Golds for creamier mashed potatoes, if you prefer over russets.

Broccoli hack : Steam it slightly underdone before baking so it stays tender-crisp.

Make ahead : Beef can be made the day before and reheated in its juices.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/slow-cooked-shredded-beef-with-creamy-mashed-potatoes-and-broccoli-bake/>