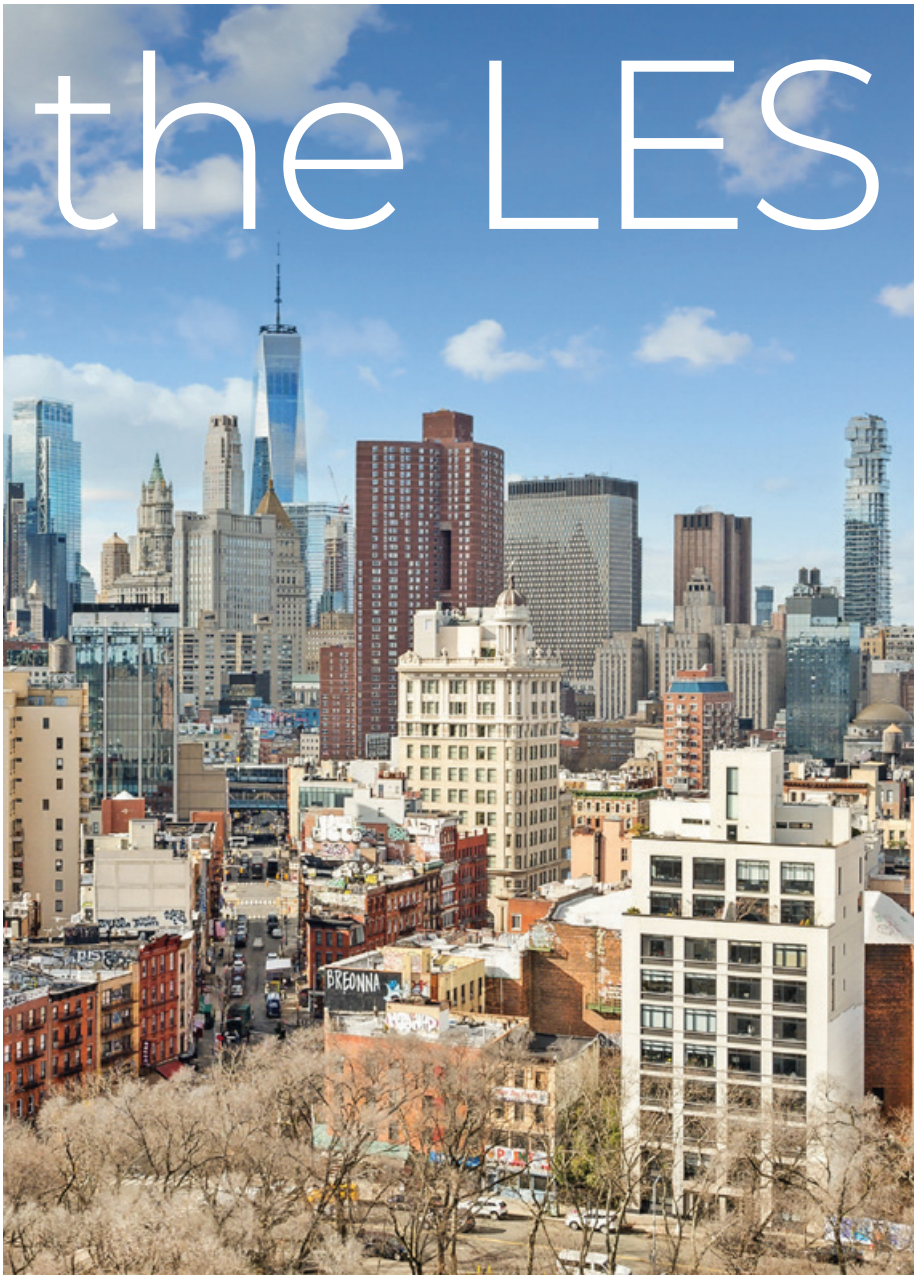
The Lower East Side's #1 Realtor September **2025**

the LES



Presented by **Jacob Goldman**
Issue #9

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS ON THE LOWER EAST SIDE



September on the Lower East Side brings its own kind of energy.

Dear Neighbors,

September on the Lower East Side brings its own kind of energy. The summer heat eases, school and holidays are around the corner, and the neighborhood settles into a lively rhythm. **It's a season of new beginnings** — whether that means moving into a new apartment, refreshing your home, or simply enjoying cooler evenings along Grand Street and the East River.

In this issue, you'll find a mix of community highlights, neighborhood history, and practical insights — alongside the latest in **LES real estate**. From local events to cultural stories to tips that make everyday living a little easier, **we're proud to share what makes this neighborhood feel like home.**

As always, thank you for your trust. It's a privilege to continue serving the Lower East Side — a place we're proud to call home.

Warmly,

Jacob Goldman
& the LoHo Realty team

Co-op Village Market Info

(As of 8/9/2025)



East River



Seward Park



Hillman



Amalgamated

Apartments Available per Month by Co-op

	MARCH	APRIL	MAY	JUNE	JULY	AUGUST
East River	27	30	21	21	21	22
Seward Park	12	15	20	21	18	17
Hillman	4	6	10	10	10	7
Amalgamated	4	3	2	1	1	2

Closed Sales for First Half of 2025

East River	Seward Park	Hillman	Amalgamated
21	20	7	4

East River

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
4	1-bedrooms without balconies	$469K-$575K
4	1-bedrooms with balconies	$560K-$649K
1	1-bedrooms, set back terrace	$875K
2	2-bedrooms without balconies	$750K-$795K
4	2-bedrooms with balconies	$849K-$1.085K *(price reduction)*
5	3-bedrooms	$995K-$1.295K
1	3-bedrooms, 2 baths, set back terrace	$1.835M
2 SUBLEASES	1-bedrooms without balconies	$3,400-$3,450

Hillman

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
2	studios	$450K-$461K
1	1-bedrooms	$599K
3	2-bedrooms	$700K-$799K
1	3-bedrooms	$1.1M

Seward Park

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
4	studios	$455K-$550K
1	1-bedrooms without balconies	$728,888
2	1-bedrooms without balconies	*$799K-$830K (price reduction)*
3	1-bedrooms with setback terrace	$895K-$999K *(price reduction)*
3	2-bedrooms without balcony	$950K-$1.36M
3	2-bedrooms with balcony	$999K-$1.125M
1	3-bedrooms	$1.15M *(price reduction)*

Amalgamated

UNITS AVAILABLE	APARTMENT SPECS	PRICE RANGE
1	3-bedrooms	$1.295M
1	breakthrough	$1.599M *(price reduction)*



Community Highlight

"Neighbors Come Together at the 42nd Annual National Night Out"

Since its founding in 1984, National Night Out has served as a way to unite neighbors and local officers, fostering trust and stronger community connections.

This year, on Tuesday, August 5, the NYPD's 7th Precinct Community Council hosted a lively celebration featuring music, food, games, giveaways, and plenty of opportunities to connect with local organizations. Guests discovered volunteer opportunities, free programs and workshops, youth training initiatives, and much more—all while enjoying a fun-filled evening in the heart of the community.

Participants included:

- 7th Precinct Community Council
- Educational Alliance
- Chinese Planning Council
- Grand Street Settlement
- United Jewish Council

For more information about National Night Out, upcoming community events, or ways to get involved, please contact Don West at SEVENTHPCT1@aol.com or 212-982-9387.

Pictured Top Row: *Fran Shulman, 7th Preceint Community Council*
Second Row: *Mathew Quezada, Hillman Co-op Resident, with members of the community*



Jacob Goldman
212-388-1115, info@lohorealty.com

TESTIMONIALS

★★★★★

The personal service and professionalism of the staff is second to none. My calls were returned promptly, and they assisted and guided us throughout the selling process. Other brokers failed to promptly call back before I was their client, I was afraid what would happen afterwards. Being in business for close to 50 years I am hard to please, Jacob and his staff went beyond!!

-Moshe R.

★★★★★

I can't give enough praise to all the folks at LoHo. If you want to buy or sell on the Lower East Side of Manhattan, no-one knows the ins and outs of this area more than Jacob. His sense of humor and deep knowledge of the area make the stress of purchasing or selling so much easier. And a big shout out to Leora who walks you through every step of the board application and makes it a breeze. She really goes above and beyond. I give LoHo my highest recommendation.

-Jeffrey B.

★★★★★

Loho Realty was a pleasure to deal with in the process of looking for an apartment to purchase on the Lower East Side. They were professional and worked in a timely manner to locate the right place and facilitate the offer and purchase. If you are looking for a realtor in this area I would rate them highly.

-Bryan D.

★★★★★

Leora couldn't have been more helpful.
She helped us throughout our search and closing.
A truly professional and caring person.

Thank you Leora!

-David B.

★★★★★

I can't thank Jacob Goldman and his incredible team enough for all the help and support they gave me and my family while selling my childhood home. This was an emotional and overwhelming time, but they handled every step with care, professionalism, and compassion.

If you're looking for a team who will treat you like family while getting the job done right, this is the one. Highly recommend!

-Karen D.

★★★★★

Jacob, Leora and Sam are an incredible team and they helped me navigate the process of buying a coop apartment with finesse. I would recommend them to anyone considering a purchase in Coop Village.

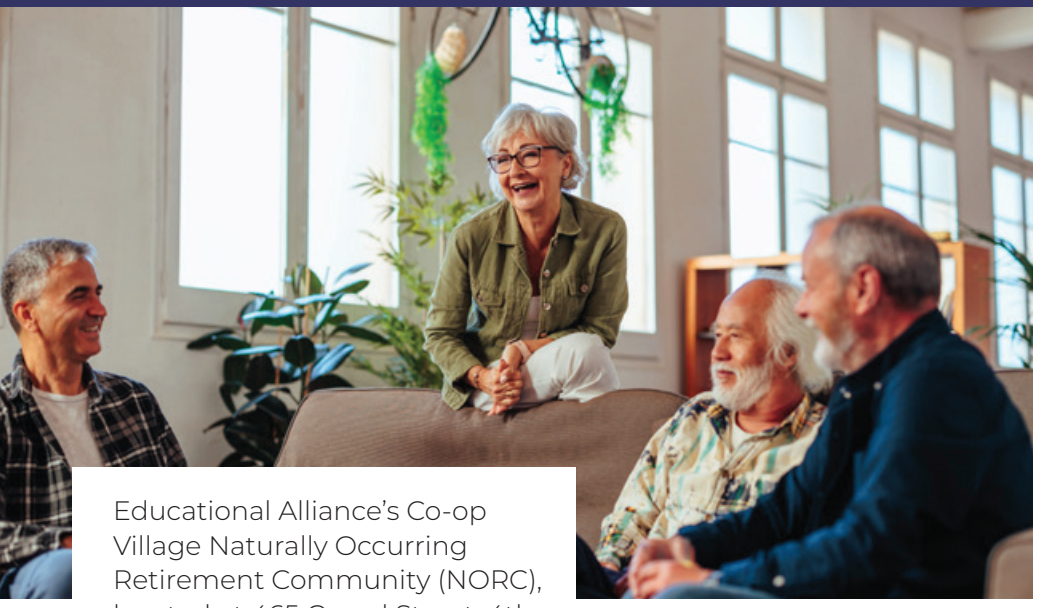
-Carla U.

★★★★★

Over 100 5-Star Reviews

#1 IN CO-OP VILLAGE
LOHO 25 YEARS
Realty

Co-op Village NORC | Educational Alliance



Educational Alliance's Co-op Village Naturally Occurring Retirement Community (NORC), located at 465 Grand Street, 4th floor, is a social services program for adults over 60 residing in the East River, Seward Park, and Hillman Co-ops. The NORC, in conjunction with our partners, assists older New Yorkers to successfully "age in place" by providing responsive social work and nursing support services as well as opportunities to engage in dynamic educational, social, and arts-related programming.

Our Core Services Include:

- Case Management
- Social Work/ Nursing Services
- Arts/Social/Cultural Programming
- Fitness Programming

CO-OP VILLAGE NORC
EDUCATIONAL ALLIANCE

We are here to support you in any way we can!
Call (646) 395-4505 to learn more about joining our vibrant community or visit our website at **MannyCantor.org/NORC.**





Photos courtesy of Ian Glazer

WIN ONE OF FOUR $25 Gift cards to Grand Street Pizza

Grand Street Pizza offers the classics, in an elevated yet intimate setting!

In spring of 2021, as many people were leaving New York - three friends set out to combine the two loves of their lives: the classic NY slice and the kind of bar that you just never want to leave.

LoHo Realty is giving away FOUR $25 gift cards to Grand Street Pizza:

384 Grand Street
New York, NY 10002
646-918-6194
info@grandstreetpizza.com
Sunday - Monday
11am - Midnight
(kitchen closes at 11pm)

Entering is simple and quick!

How to Enter:

Email us at: giveaway@lohorealty.com
Deadline to enter: *September 30, 2025*
Make sure to include your name, phone number and mailing address with your entry. Winners will be chosen at random and contacted via email/phone.

Terms & Conditions: *One entry per person. One gift card per winner. Four winners in total.*

Lidl

By Renee Gershman



On August 1, to great fanfare, our Lower East Side neighborhood greeted a new supermarket—Lidl, at 408 Grand Street across from Trader Joe's. After months of impatient waiting, the neighborhood was not disappointed. The grand opening included an on-street DJ and staffers handing out buckets of coupons and gift cards. Not surprisingly, the place was mobbed with the curious and bargain-hunting neighbors. I have been back three times since then, and here are my thoughts.

The new supermarket—the third in a one-block area-- adds selection and market complexity to our little section of town. For example, after striking out at some more upscale outlets, I found my long-sought Jimmy Dean sausages at Lidl! I've been impressed by Lidl's fresh fruits and vegetables as well, with a vast and very fresh assortment at great values. In particular, I picked up some beautiful brown cherry tomatoes. I did see a few issues with water in the bagged salad kits, but for the most part, they have been perfectly acceptable.

By any measure, Lidl's most welcome addition is the fresh bakery department. I have long been mystified at the absence of a local bakery, and the ability to pick out fresh croissants, doughnuts, and a wide range of lovely breads has 'em lining halfway out the door most of the day. Better get there early, because when I've gone in the evening, the bakery has been mostly shopped out.

Lidl's many private label products are a welcome addition too. I've tried three of their branded items, including the boxed scalloped potatoes, sloppy joes in a can, and their chips. All provided exactly what you might expect. My experience with the meats has been more hit and miss. I tried their seasoned fajita meat, prepared stuffed chicken with mozzarella, and T-bone steak. After some marinating and seasoning, they were satisfactory.

The supermarket also features a well-stocked housewares department and a selection of home electronics and kitchen devices. I bought a rapid egg cooker and a manual pasta roller. Both worked very well and were a great value. Parents take note: with back-to-school season now upon us, Lidl offers school supplies, lunch containers, water bottles, backpacks, and even laminators with plastic sheets.

Lidl brings a lot of strengths. Truth is, our neighborhood could support several more supermarkets, so I am happy to welcome Lidl to the Seward Park area!



YOUR ESSENTIAL HOME-SELLING CHECKLIST

For a Smooth Sale on the Lower East Side

Work with a Local Expert
Choosing the right real estate agent is the most important first step. At LoHo Realty, we've spent over 25 years helping neighbors sell in Co-op Village and across the Lower East Side. From pricing strategy to board packages, our knowledge of these co-ops ensures your sale moves forward smoothly.

Price with Precision
Setting the right price is key to attracting serious buyers. Because every building here has its own history and buyer demand, a general estimate won't cut it. LoHo Realty provides a building-specific market analysis so your home is priced competitively and realistically from day one.

Tackle Smart Repairs
Small updates can make a big difference. A squeaky door, chipped paint, or outdated light fixture can turn off buyers. We'll advise you on which fixes matter most in the current market — and which ones you can skip — so you don't waste money on unnecessary renovations.

Declutter & Depersonalize
Buyers need to imagine themselves in your space. Removing excess furniture and personal items makes your apartment look larger and more inviting. We've helped facilitate hundreds of Lower East Side apartments to look their best, and we'll guide you — with the right resources and support — so your home makes the strongest impression on buyers.

Make it Shine
A spotless apartment tells buyers the home has been well cared for. Deep-cleaning windows, polishing floors, and freshening up kitchens and bathrooms makes an immediate impact. If you prefer, we'll arrange professional cleaning so your place sparkles from the very first showing.

Market the Right Way
With professional photography, wide online visibility, and years of experience highlighting the unique value of Lower East Side living, we make sure your home reaches the right buyers. Our reputation in Co-op Village means both buyers and boards trust the deals we bring forward.

At LoHo Realty, we don't just list apartments — we guide you through every step until the sale is complete. If you're thinking about selling, or simply exploring your options, reach out to the neighborhood experts who've been here for decades.

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS ON THE LOWER EAST SIDE



LES HISTORY:

The Joys and Oys of Yiddish

By Eric Ferrara

In 1916, New York's Lower East Side buzzed with Yiddish voices. Among them was The Jewish Daily Forward—the Forverts—a newspaper that ran the legendary advice column A Bintel Brief ("A Bundle of Letters"). Immigrants wrote in with raw, heartfelt questions about loveless marriages, harsh bosses, and homesickness. One father lamented, "In America, even the tears don't taste the same." That unique cocktail of sorrow, sarcasm, and street smarts—spoken in a language once dismissed as "just a jargon"—quietly embedded itself into the soul of American culture.

Between 1880 and 1924, more than 2.5 million Eastern European Jews arrived in the U.S., many settling in New York. By the 1930s, Yiddish was the city's third most spoken language after English and Italian. But more than numbers, Yiddish left its mark with attitude—funny, biting, tender, and wise. From the Borscht Belt to Broadway, from Seinfeld to TikTok, Yiddish became a cultural password, a wink, a punchline.

A fusion of German, Hebrew, Aramaic, and Slavic, Yiddish was born in medieval Central Europe and flourished in the shtetls of Eastern Europe. In America, it exploded on the Lower East Side. By 1910, over 350,000 Jews lived there, forming a world of Yiddish theaters, cafés, socialist newspapers, and anarchist book clubs. The Forverts and Fraye Arbeter Shtime (Free Voice of Labor) filled newsstands. Second Avenue, nicknamed the "Jewish Rialto," hosted a dozen Yiddish theaters where audiences debated Ibsen and wept through soap-operatic shund ("trash"). As scholar Ilan Stavans put it: "Yiddish was the GPS for navigating America. It let you cry about the Golden Land while mocking its contradictions."

Founded in 1897, the Forverts was more than news—it was a lifeline. Its editor, Abraham Cahan, responded to Bintel Brief letters with a mix of realism and warmth. The paper also published serialized

novels, job listings, and even a "Gallery of Missing Husbands" to shame deserters. At its peak in 1924, the paper had 275,000 readers a day.

Yiddish theater was a mix of escape and education. Boris Thomashefsky—the "Father of Yiddish Theater" in America—starred in musicals about yeshiva students turned gangsters. Playwright Jacob Gordin tackled strikes, sweatshops, and women's rights. At the People's Theater, audiences threw garlic at the villains. These stages gave birth to future film legends: the Warner brothers began by projecting Yiddish subtitles; Paul Muni launched his career in these very halls.

By the 1930s, Yiddish took to the airwaves. On radio station WEVD (named for socialist Eugene V. Debs), shows like The Jewish Philosopher blended folksy wisdom with ads for schmaltz (rendered chicken fat). Comedian Molly Picon hosted The Yiddish Kitchen, mixing recipes with sharp one-liners: "A husband is like a kugel—best when warm and a little sweet."

But Yiddish didn't just contribute words—it smuggled sensibilities. Its spirit lives in chutzpah (guts), kvetching (artful complaining), and schmaltz (melodrama). Everyday American English now relies on Yiddish imports: schmooze (to chat), klutz (a clumsy person), nosh (a snack), spiel (a pitch), glitch (a tech hiccup), and mensch (a person of integrity). The fusion of Yiddish and English—"Yinglish"—birthed expressions like "Enough already!" and "Money, shmoney!"

In the Catskills, Jewish comics like George Burns, Eddie Cantor, and Fanny Brice honed their Yiddish-laced schtick. Mel Brooks brought Yiddish absurdism to the big screen in The Producers ("Springtime for Hitler," anyone?). Isaac Bashevis Singer, writing entirely in Yiddish, won the Nobel Prize for literature and called it "the language of the neshome [soul]." Meanwhile, Philip Roth twisted its guilt-laden cadences into literary comedy gold.

Seinfeld may have been broadcast in English, but its rhythm was pure Yiddish. The "Soup Nazi"? Pure shtetl logic. Elaine's "yada yada"? Rooted in the Hebrew yode'a ("to know"). Larry David's Curb Your Enthusiasm made schmohawk and schmear campaign part of the American lexicon.

Yiddish didn't vanish. It adapted. It hid in plain sight.

As author Michael Wex writes in Born to Kvetch: "Yiddish didn't die—it went undercover. It's the language of the underdog. And America loves an underdog."

Eric Ferrara is the founder of the Lower East Side History Project (leshp.org).

DESIGNER TIPS TO

Transform Your Dining Room for a Quick Sale





Declutter and Depersonalize

Clear the dining table of personal items like family photos or quirky centerpieces. Designer Lisa Holloway suggests a clean slate, allowing buyers to imagine their own gatherings. Keep only a simple, neutral centerpiece, like a vase with fresh flowers, to add warmth without distraction.

Highlight the Table

The dining table is the room's focal point. It is recommended to set it as if for a dinner party, using neutral tableware and linens to appeal to diverse tastes. A runner or placemats in soft colors like beige or gray create a timeless look, making the space feel ready for entertaining.

Maximize Light

Bright spaces sell. Open curtains or blinds to let in natural light, and clean windows for a sparkling effect. If the room lacks natural light, Amy Bell advises adding a statement chandelier or table lamps to create a cozy ambiance, ensuring the space feels airy and welcoming.

Define the Space

For open-plan homes, delineate the dining area with a rug or strategic furniture placement. Lisa Holloway suggests anchoring the table with a rug that complements the room's color scheme, grounding the space and making it feel intentional without overwhelming the floor plan.

Showcase Versatility

Buyers want multifunctional spaces. Stage the dining room to suggest flexibility—add a small desk or bar cart to hint at its potential as a workspace or entertaining hub. Amy Bell notes that this approach appeals to buyers seeking adaptable homes for modern lifestyles.

Keep It Neutral but Warm

Stick to neutral tones for walls and furnishings to broaden appeal, but avoid starkness. Incorporate warm accents like wooden chairs or a textured table runner. Holloway emphasizes balancing neutrality with inviting elements to make the room feel like a home, not a showroom.

Ensure the dining room is spotless

Polish furniture and clean upholstery to elevate the space. If the room feels cramped, remove extra chairs or bulky decor to enhance flow. These small tweaks can make your dining room a standout feature, enticing buyers to envision their future in the space. By following these designer tips, your dining room will shine as a versatile, welcoming area that boosts your home's appeal and speeds up the sale.

#3 IN NYC
BY DEALS CLOSED

TOP 0.25% NATIONWIDE
VERIFIED BY REALTRENDS

These aren't marketing claims. They're independently verified numbers. But while rankings are nice, the real reward is being trusted by longtime neighbors and by new faces discovering the LES for the first time. Helping people move within our community — and move *into* it — is what this work is all about.

Dear Neighbors,

I was recently named to the RealTrends Verified Honor Roll — ranked #3 in New York City by number of closed sales, and among the top 0.25% of agents nationwide.

These rankings are based on real data, not marketing fluff — which is nice. But the truest recognition is being trusted by people right here in the Lower East Side — whether they've lived here for decades or are just discovering it for the first time.

From first showings to final signatures, my team and I are here to do the work — with clarity, experience, and care — so your goals become real results. No gimmicks.

Thank you for continuing to trust us — and for making this neighborhood what it is.

Jacob Goldman

Founder & Broker, LoHo Realty
LoHoRealty.com · 212-388-1115

Find Out What Your Place is Worth

scan

Featured Listings

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS



577 Grand Street, F1904

3 Bedroom | 2 Bathroom | Terrace | Price: $1.75M | Maint.: $2,071

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.



504 Grand Street, E53

3 Bedroom | 1 Bathroom | Price: $1.295M | Maint.:$1,904



575 Grand Street, E1505

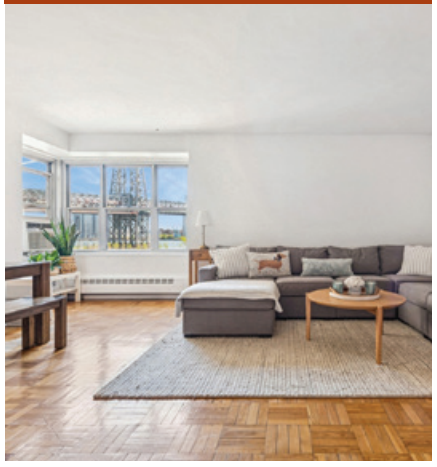
3 Bedroom | 2 Bathroom | Price: $1.295M | Maint.: $1,871

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.

Featured Listings

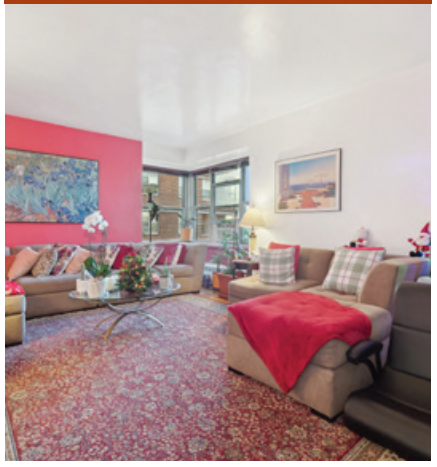
#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS

3 Bedrooms



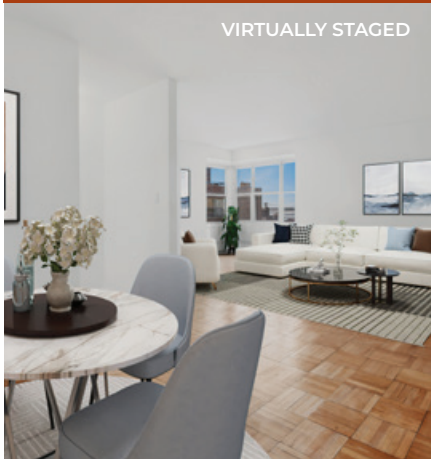
455 FDR Drive, B405
3 Bedroom | 2 Bathroom
Price: $1.25M | Maint.: $1,844

3 Bedrooms



570 Grand Street, H1405
3 Bedroom | 1.5 Bathroom
Price: $1.1M | Maint.: $1,880

3 Bedrooms



575 Grand Street, E1105
3 Bedroom | 1.5 Bathroom
Price: $1.05M | Maint.: $1,849

3 Bedrooms



575 Grand Street, E605
3 Bedroom I 1.5 Bath
Price: $999K | Maint.: $1,842

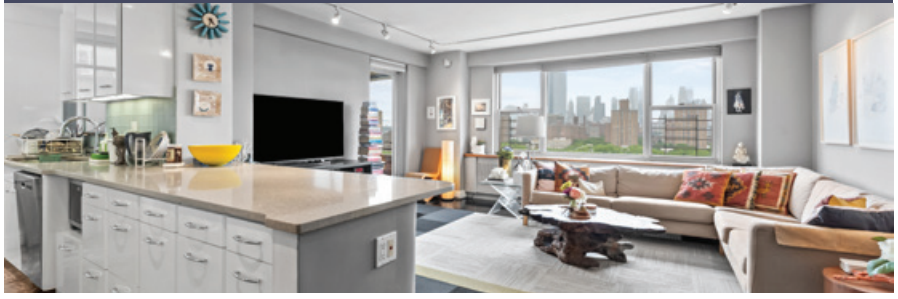
Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.

2 Bedrooms



268 East Broadway, A307
2 Bedroom | Balcony | Price: $1.1M | Maint.: $1,447

2 Bedrooms



573 Grand Street, D1406
2 Bedroom | Balcony | Price: $1.085M | Maint.: $1,568

2 Bedrooms



568 Grand Street, J104
2 Bedroom | Balcony | Price: $849K | Maint.: $1,526

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.

Featured Listings

#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS

2 Bedrooms



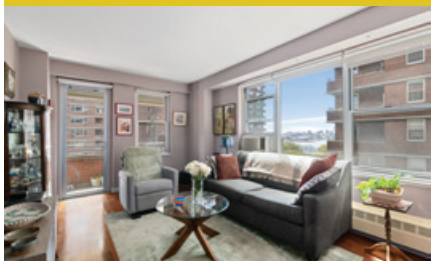
385 Grand Street, M705
2 Bedroom
Price: $975K | Maint.: $1,411

2 Bedrooms



577 Grand Street, F504
2 Bedroom | Balcony
Price: $850K | Maint.: $1,528

1 Bedroom



575 Grand Street, E1004
1 Bedroom | Balcony
Price: $585K | Maint.: $1,198

1 Bedroom



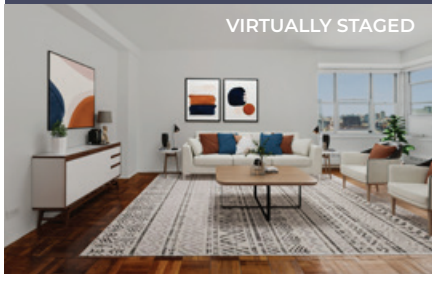
570 Grand Street, H1504
1 Bedroom | Balcony
Price: $565K | Maint.: $1,250

2 Bedrooms



453 FDR Drive, C205
2 Bedroom
Price: $795K | Maint.: $1,380

2 Bedrooms



477 FDR Drive, M1605
2 Bedroom
Price: $750K | Maint.: $1,411

1 Bedroom



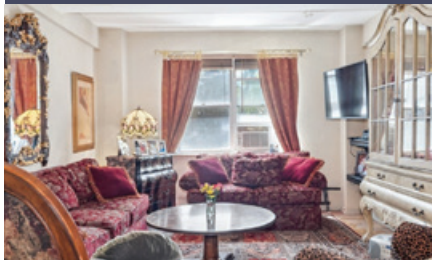
570 Grand Street, H507
1 Bedroom | Balcony
Price: $560K | Maint.: $1,242

Studio



385 Grand Street, L502
Studio (Full-Kitchen)
Price: $499K | Maint.: $756

2 Bedrooms



550 Grand Street, J2F
2 Bedroom
Price: $709K | Maint.: $1,443

1 Bedroom



568 Grand Street, J1804
1 Bedroom | Double-width Terrace
Price: $875K | Maint.: $1,430

Studio



550 Grand Street, J8D
Studio | Price: $450K | Maint.: $811

Coming Soon

East River
2 Bedroom | Balcony
1 Bedroom | Balcony

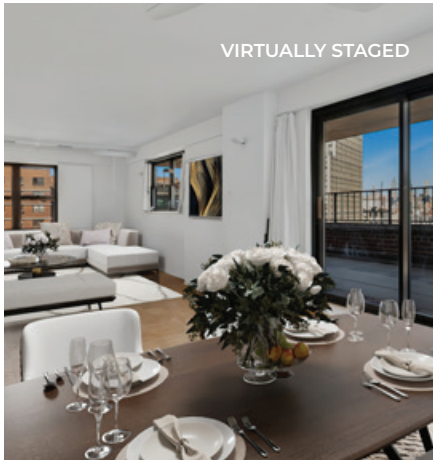
Seward Park
Large Breakthrough
2 Bedroom
Studio

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.

In Contract

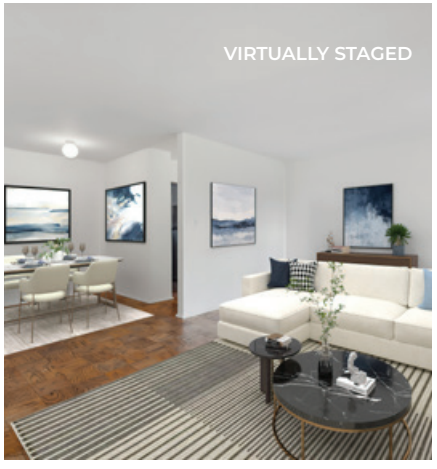
#1 IN CO-OP VILLAGE
LOHO Realty
CELEBRATING 25 YEARS



212 East Broadway, G1801
Convertible 2 Bedroom
Double-width set back terrace
Price: $1.675M | Maint.: $1,907



477 FDR Drive, M103/104
4+ Bedroom | 2+ Bathroom | 2 Balconies
Price: $1.495M | Maint: $2,745

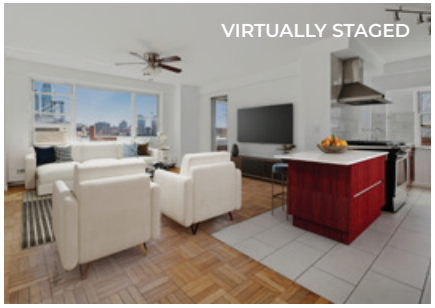


266 East Broadway, B606
3 Bedroom | 1.5 Bathroom
Price: $1.25M | Maint.: $1,458



457 FDR Drive, A604
2 Bedroom | Balcony
Price: $895K | Maint.: $1,535

Listing status as of 8/20/2025. For updated listings, visit lohorealty.com.



457 FDR Drive, A406
2 Bedroom I Balcony
Price: $865K | Maint.: $1,541



500 Grand Street, A8D
2 Bedroom
Price: $700K | Maint.: $1,501



475 FDR Drive, L2104
1 Bedroom I Balcony
Price: $615K | Maint.: $1,267



477 FDR Drive, M1802
1 Bedroom
Price: $550K | Maint.: $1,088



550 Grand Street, J7G
1 Bedroom
Price: $550K | Maint.: $1,090



500 Grand Street, CGA
1 Bedroom
Price: $525K | Maint.: $1,090

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Hotdish

By Renee Gershman

Minneapolis, Minnesota. Some regional favorites include cheese curds, wild rice, ranch dressing, and the most popular of all--Hot Dish.

Hot Dish is a type of casserole with ingredients including meat, vegetables, and cheese, all covered with a crust of Tater Tots. Every family has their own recipe, and there are competitions for bragging rights for the Hot Dish. I chose this for this issue because it can be prepped and served with ease, so it makes a great weeknight dish. Also, this Hot Dish can be assembled in a portion container and frozen for a later date.

Please note that there are many variations of Hot Dish; you can use canned soup or a homemade liquid binder. Also, you can pick a combination of vegetables that suits you and your family's needs. But what really defines Hot Dish is the topping of Tater Tots. Please note that there are now on-the-shelf sweet potato and even Zucchini tots to make this classic your own. I hope you enjoy this Midwest classic and have a happy end of summer and a great start to the school year.

Ingredients

- 1 pound ground beef
- 1/2 onion (diced)
- 3 cloves garlic (minced)
- 10 oz cream of mushroom soup
- 10 oz cream of chicken soup
- 1 cup frozen green beans
- 1 cup frozen mushrooms
- 1.5 cup (shredded) cheese
- 32 oz tater tots

Instructions:

1. Preheat oven to 450 degrees F.

2. In a skillet, cook the ground beef until no longer pink. Remember, the Hot Dish will additionally bake in the oven, so do not overcook. Place the cooked beef in a large bowl and drain the grease. Set the meat aside. In the same skillet, sauté the onions and garlic until softened, about 5 minutes.

3. Add the sautéed onions and garlic to the bowl with the ground beef and stir. Stir in the cream of mushroom soup, cream of chicken soup, green beans, and mushrooms. Mix until well combined.

4. Evenly spread the mixture into a 9 x 13 casserole dish. Sprinkle one cup of cheese on top of the mix. Place defrosted Tater Tots in the oven for 10 minutes to get a soft crisp on them. Place tater tots on top of the casserole, covering the top completely.

5. Cook the casserole in a 450-degree oven for about 30 minutes, until the liquid is bubbly and the tater tots are golden brown and crispy. Sprinkle the remaining cheese on top and bake until the cheese is melted, about five minutes.

Please note the following:

As an alternative to canned soups, you can make a homemade cream sauce, then add chicken or mushrooms. You can find a base sauce below; you can also use non-dairy milk with this recipe. Please make sure whatever protein you are using is partially cooked.



Base Cream Sauce

Ingredients:

- 2 Tablespoons Flour
- 2 Tablespoons Fat (Butter, Lard, or Coconut Oil)
- 1 can of Evaporated Milk
- Pinch of Salt

Instructions:

1. Melt butter in a medium saucepan over medium-low heat.

2. Add 2 tablespoons of flour to the melted butter and stir with a whisk to prevent any lumps.

3. Add salt and pepper to taste.

4. Cook, stirring constantly and scraping the bottom of the pan to keep it from sticking, for 2 minutes.

5. Pour 1 cup of milk slowly into the butter-flour mixture while whisking constantly, making sure there are no lumps.

6. It will start thickening.

7. Continue to simmer and stir until thickened.

8. Remove from heat and use as desired.

Tips for The Base Cream Sauce:

- One of the easiest ways to check if your sauce is thick enough is to give it a stir with a wooden spoon. If it coats the spoon instead of immediately running off, you're getting there!

Storing Your Base Cream Sauce:

Refrigerate for up to 7 days or freeze for up to 3 months.

Let the frozen sauce thaw in the fridge overnight. It won't look normal at this point— but don't worry. Dump it in a pan over low heat and whisk it until it becomes smooth and creamy.

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