

Shepherd's Pie

This classic recipe makes 6 servings, so you can cook once and eat for several meals. Freeze extra portions to reheat when you don't feel like cooking.



Ingredients:

8 medium	Potatoes, peeled and halved	8 medium
1 Tbsp	Soft margarine	15 mL
½ cup	10% cream (half and half)	125 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL
2 tsp	Canola oil	10 mL
1 medium	Onion, minced	1 medium
1 cup	Diced celery	250 mL
1 lb	Ground beef	454 g
¼ cup	All purpose flour	60 mL
2 Tbsp	Tomato paste	30 mL
½ tsp	Thyme	2 mL
1 tsp	Garlic powder	5 mL
½ cup	Fresh parsley, chopped	125 mL
1 tsp	Worcestershire sauce	5 mL
2 cups	Mixed frozen vegetables	500 mL
1 tsp	Paprika	5 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. In a large pot bring 8 cups (2 L) of water to a boil. Add potatoes and cook until soft (20–25 minutes). Drain potatoes.
3. Add margarine, cream, salt and pepper to potatoes. Mash until smooth and set aside.
4. In a heavy pan, heat oil. Add onion and celery and cook on medium heat until soft. Add ground beef and cook until browned.
5. Add flour, stir for 1 minute, and add tomato paste, thyme, garlic powder, parsley, Worcestershire sauce, and mixed vegetables. Stir well.
6. Add enough water to cover the vegetables (about 2 cups/ 500 mL). Cook on medium heat until vegetables are soft and sauce is thickened.

Shepherd's Pie

7. Pour vegetable and meat mixture into a medium casserole pan.
8. Spoon mashed potatoes evenly over the meat and vegetable mixture; top with paprika.
9. Bake in 375°F (190°C) oven for 30 minutes or until potato topping is golden.
10. Allow to cool for at least 15 minutes before cutting into squares.

Makes 6 servings (375 mL/ 1 ½ cup/ 387 g)

Nutrition Facts	
Per 1/6 of recipe (375 mL/ 1 ½ cup/ 387 g)	
Amount	% Daily Value
Calories 420	
Fat 14 g	22 %
Saturated 4.5 g	23 %
+ Trans 0 g	
Cholesterol 45 mg	
Sodium 440 mg	18 %
Carbohydrate 56 g	19 %
Fibre 6 g	24 %
Sugars 5 g	
Protein 21 g	
Vitamin A	150 %
Vitamin C	50 %
Calcium	8 %
Iron	30 %