

Shepherd's Pie



Recipe by: Jill Burns, RD

What you need

- 2 tablespoons oil
- 1 lb lean ground beef
- 1 onion, chopped
- 2 garlic cloves
- 1 carrot – diced
- 1 can mixed peas, corn
- 1 cup water or beef broth
- Salt and pepper to taste
- 1 teaspoon dried herbs
- Potato topping: 3 large white potatoes or 2 large sweet potato well washed, skin on or off, either works

Servings: 4

Preparation (60 minutes):

1. Preheat the oven to 400°F (200°C)
2. Place the potatoes in a large pot, covered with water, bring to a boil, reduce to a simmer and cook until tender, 15-20 minutes
3. Heat oil over a medium heat in a pan
4. Add onion and sauté until soft
5. Add the ground beef, break it apart and brown it all through
6. Add carrot and canned peas and corn
7. Add water or beef broth. Add herbs and garlic if using
8. Bring to a boil and simmer for 5-10 minutes
9. Place in an oven-proof dish
10. Mash potatoes until smooth
11. Spoon the potatoes on top of the beef mixture and make an even layer
12. Bake uncovered in the oven for 25-30 minutes