**Shephard’s Pie**

**DIRECTIONS**

1. Preheat oven to 375 degrees F.
2. Peel and quarter potatoes, place in large pot and cover with cold water. Bring to a boil. Once boiling, cover and reduce heat cooking potatoes until tender.
3. For filling, place large skillet on medium heat. Add ground beef stirring to break up. Season with salt and pepper. When meat is fully cooked. drain grease and transfer cooked beef to bowl.
4. Add oil to empty skillet on medium heat. Add onion and sauté until slightly softened. Add garlic and sauté for a minute or two. Add tomato paste and stir well to combine. Add ground beef back to the skillet and season with remaining salt, pepper, rosemary, thyme, and Worcestershire sauce. Reduce heat to medium-low and allow to simmer for 2 to 3 minutes.
5. Combine beef broth with cornstarch and add to skillet. Cook over medium heat stirring for 2 minutes or until thickened. Stir in frozen peas, carrots and corn (no need to thaw) and allow to simmer for 2 to 3 minutes just until heated through. Remove skillet from heat. Transfer mixture to 2” pan.
6. When potatoes are tender, remove from heat and drain. Mash potatoes slightly. Add milk, sour cream, softened butter, salt and pepper mashing until smooth.
7. Spoon mashed potatoes over filling. Spread evenly. Sprinkle with cheese. Transfer to oven and bake for 20 to 23 minutes, until bubbling around edges. Turn oven to highest setting and watching closely to be sure it doesn't burn, continue to cook just until golden brown.
8. Remove pan from oven and allow to sit for about 5 to 10 minutes before serving.

RECIPE

**Note:** No need for an additional carbohydrate since the main dish contains mashed potatoes

**INGREDIENTS**

* 4 pounds ground beef
* 3 tablespoons oil
* 4 cups diced onion
* 1 tablespoon minced garlic
* 6-7 tablespoons tomato paste
* 3 teaspoon dried rosemary
* 1 ½ teaspoon dried thyme
* 3 tablespoon Worcestershire sauce
* 1 ½ cup low-sodium beef broth
* 3 tablespoons cornstarch
* 3 cups frozen corn
* 6 cups frozen peas and carrots
* Salt and pepper

**For Potatoes**

* 6-7 lbs. potatoes
* 1 cup milk
* ¾ cup sour cream
* 10 tablespoons butter
* Salt and pepper
* 1 ½ cups shredded cheese

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| **Prep Time:** 30 minutes | **Cook Time:** 25 minutes | **Total Time:** 55 minutes | **Yield:** 30 servings |