



Classic Shepherd's Pie

Gluten free, 8 servings

Deconstructed shepherd's pie is a long-time favorite in our community members' kitchens, so we're bringing you a new variation! This version takes a few (optional) extra minutes so you can run the dish under broiler and crisp up the mashed potato topping.

Active 35 min **Total** 45 min

Shepherd's Pie

- Onions - 2, diced
- Green onions - 4 stalks, chopped, white and green parts separate
- Potatoes, russet (sub any baking potato) - 2 lbs, peeled and cubed
- Peas and carrots, frozen - 4 cups
- Oil, cooking - 4 Tbsp
- Shepherd's pie spice mix (ingredients listed separately) - ~2 Tbsp
- Beef, ground and lean - 2 lbs
- Worcestershire sauce - 4 tsp
- Tomato paste - 4 Tbsp
- Sour cream - 1/2 cup
- Butter - 2 Tbsp

Shepherd's Pie Spice Mix

- Salt - 2 tsp
- Garlic powder - 2 tsp
- Mustard powder (opt) - 1 tsp
- Black pepper - 1 tsp
- Thyme, dried - 1 tsp
- Parsley, dried (opt) - 1 tsp

Prep

1. Spice mix - Combine all ingredients for spice mix. (Can be done up to 5 days ahead)
2. Onions / Green onions - Prep as directed. Combine onions and white parts of green onions in one container. (Can be done up to 3 days ahead)
3. Potatoes - Peel and cube. Soak in water if not using right away to prevent them from turning brown. (Can be done 1 day ahead)
4. Peas and carrots - Place in a colander and run under warm tap water to defrost.

Make

1. Turn on the oven's broiler and place an oven rack about 6" / 15cm under the heat source. We recommend broiling your assembled shepherd's pie. If you prefer skip this step, no need to turn on the broiler (you'll lose a bit of texture in the finished dish).
2. Place potatoes into a saucepan and cover with cold water and some salt. Cover and bring to a boil. Simmer uncovered for 12 to 15 minutes until potatoes can be easily pierced by a knife. Drain and let sit in a colander for ~5 minutes to let the steam escape (this creates creamier potatoes vs. liquidy potatoes).
3. While potatoes are cooking, heat a skillet or saute pan over medium-high heat. Add cooking oil and onions and white parts of green onions to hot oil. Saute until softened, 2 to 3 minutes. Add spice mix and saute until fragrant, ~1 minute more.
4. Add beef, breaking it up into smaller pieces. Saute until beef is coated in spice mix and starts to brown, 5 to 7 minutes. Add in peas and carrots, worcestershire sauce and tomato paste and stir to combine. Continue cooking just until all of the filling is warmed through. Season to taste with more salt, pepper, or Worcestershire sauce. If you like things sweeter, consider adding a bit of ketchup (not listed in ingredients).
5. Transfer filling to a lightly greased 8" x 8" / 20cm x 20cm baker.
6. Use a masher to mash steamed potatoes with sour cream and butter. Season to taste with salt and pepper. Spoon over top of meat filling and spread to evenly cover.
7. Broil for 8 to 12 minutes, until the top is golden brown and crisp. (If you're short on time, you can skip the broiling, but you'll lose a bit of texture.) Sprinkle with green parts of green onions and enjoy!

Nutrition per Serving (4 Servings Total)

Calories 547 Total Fat 34g Saturated Fat 12g Trans Fat 1g Cholesterol 90mg Sodium 773mg Total Carbs 37g Dietary Fiber 5g Sugars 6g Protein 26g