

Shepherd's Pie



Ingredients:

- 2 pounds russet potatoes, peeled and cubed
- 4 tablespoons unsalted butter
- ¼ cup chicken stock
- kosher salt and pepper to taste

- 1 ½ pounds lean ground beef
- 1 ½ cups chopped mushrooms (any kind)
- 1 ½ cups chopped brown onion
- 2 tablespoons flour
- 2 teaspoons Worcestershire sauce
- 2 tablespoons tomato paste
- ½ cup chicken stock
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 ½ cups peeled and sliced carrots
- 1 cup frozen peas
- ½ cup grated parmesan cheese

Steps:

1. Place peeled and cut potatoes in a medium saucepan and cover them with cool water. Cook over high heat until water boils, then reduce heat to simmer until potatoes are fork-tender. Drain potatoes and put them back into same pot. Add butter, salt and pepper and chicken stock. Mash well ensuring there are no lumps. Taste for seasoning and set aside.

2. In a large pot begin browning meat over medium-high heat. After about five minutes add the onions and the mushrooms and continue to brown everything until meat is cooked and onions are translucent. Make sure to season with salt and pepper. Add the flour and continue to cook for a few more minutes so as to cook out the taste of the flour and to make sure it absorbs the liquid left from the meat and veggies.

3. **Preheat oven to 350°F.** While still on medium-high heat, add the Worcestershire sauce and tomato paste. Mix in well before adding ½ cup chicken stock. Stir well and try to scrape down the sides of the pan for all the brown bits that accumulate there. Add the rest of the chicken stock. You are trying to make a gravy/sauce. Be sure to stir well. Turn off heat.

4. After slicing carrots I like to cook them a little in the microwave (about 4 minutes with a little water - let them steam with the plastic wrap). This way they are not hard even after being in the oven.

5. Spray an 8" X 8" pan with non-stick cooking spray. Pour the meat mixture into the pan. Sprinkle with frozen peas and carrots and then carefully spread the mashed potatoes over the top. Sprinkle the potatoes with cheese and bake for about 20 - 25 minutes or until the potatoes form a bit of a crust and the cheese turns golden brown. Serve hot!