



SHEPHERDS PIE

INGREDIENTS

- 3 tablespoons olive oil
- 1lb of ground beef
- 1lb of ground lamb
- 1 large onion (diced)
- 2 cloves garlic (minced)
- 1 bag of frozen diced carrots & peas
- 1 cup frozen corn

You can use fresh ingredients too, the frozen options are efficient and still delicious.

- 3 tablespoons tomato paste
- 1 cup red wine & 1 cup beef stock
- 1 tablespoon worcestershire sauce
- 1 tablespoon flour (to thicken)
- 1 teaspoon fresh or dry
 - thyme
 - rosemary
 - parsley
- 4 cups of your favorite home made mashed potatoes or store bought (judgement free zone- they are easy and delicious.

TIP: WANT IT TO TASTE LIKE GRANDMAS, USE 1 CAN OF TOMATO SOUP INSTEAD OF TOMATO PASTE.

DIRECTIONS

- 1. Preheat oven to 350 degrees F**
- 2. In a large cast iron skillet or dutch oven, brown the meat and season with salt and pepper.**
- 3. Add diced onions and minced garlic. Cook for 3 mins.**
- 4. Add tomato paste, wine, stock, worcestershire sauce and fresh herbs. Taste and season with salt and pepper.**
- 5. Fold in corn, peas, and carrots.**
- 6. You can transfer the meat mix to a baking dish or add the potatoes to the top of the skillet/dutch oven (making it a one pot meal).**
- 7. Spoon or pipe potatoes onto meat mix.**
- 8. Bake for 20 minutes until bubbly and golden brown. Option: You can torch or broil the tops for a browner crispier top.**
- 9. Garnish with fresh herbs and enjoy!**

PREP TIME: 20 MINS
COOK TIME: 40 MINS
TOTAL TIME: 1HR