



SHEPHERDS PIE

This comforting THM crossover Shepherd's Pie is quick to assemble and perfect for family meals. Using freezer and pantry staples, it's a practical, nourishing dish that delivers hearty flavor without complicated steps or long prep time.



PREP TIME
25 MIN



COOK TIME
20 MIN



SERVINGS
6-8 SERVINGS

Instructions

1. Melt butter and sautee onion until soft, add garlic at the end so it doesn't burn.
2. Add frozen veggies and ground beef - cook until thawed and heated through
3. Add Worcestershire sauce and spices, mix until well incorporated.
4. Stir in beef stock and simmer until the desired consistency is reached
5. Drain boiled potatoes and add them back to the pot with the rest of the butter, cream, salt, and pepper. Mash well and add the additional beef stock if necessary to achieve a spreadable mashed potato.
6. Spoon the mashed potatoes on top of the beef mixture
7. Bake at 400 degrees for 20 minutes or until top is browned and crispy.

Notes:

- If you like a thicker gravy, $\frac{1}{4}$ c sprouted flour can be added and cooked in to the beef before you add the beef stock. This will provide a bit of a roux and more thickening power.

Ingredients

- 1 stick butter (divided)
- 1 Large onion - diced
- 1 Tbsp Jarlic (jarred garglic - or use 2 cloves fresh)
- 2 lbs lean ground beef - drained
- 1 package Frozen Riced Cauliflower
- 2 cups frozen mixed veggies
- 3 Tbsp Worcestershire Sauce
- 1 tsp Salt
- 2 tsp Onion Powder
- 2 tsp dried orogeno
- Pepper to taste
- 2 c. beef stock
- 1 lb boiled potatoes
- $\frac{1}{2}$ cup heavy cream or half and half
- $\frac{1}{2}$ c beef stock
- salt and pepper to taste