

Shepherd's Pie

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: serves 4

Ingredients:

For the Potato Topping:

3 large potatoes, peeled and quartered

1 cup milk

3 tablespoons butter

1 teaspoon white pepper

1 teaspoon salt

For the Filling:

1 ½ pounds lean beef

1 medium onion, chopped (about 1 ½ cups)

3 cloves garlic, minced

½ cup diced carrots

½ cup corn

½ cup peas

2 tablespoons tomato paste

12 ounce dark beer

½ teaspoon salt

½ teaspoon pepper

1 teaspoon cinnamon

½ teaspoon nutmeg

1 teaspoon cumin

1 bay leaf

1 tablespoon Worcestershire sauce

½ cup beef broth



Method of preparation:

1. Preheat oven to 400 degrees.

For the potato topping:

1. Place the peeled and quartered potatoes in a medium sized pot. Cover with cold water. Bring to a boil, reduce to a simmer, and cook until tender. Remove from heat, mash and add milk, butter, white pepper and salt. Whisk until no lumps remain.

For the filling:

1. While the potatoes are cooking, add beef to a large sauté pan on medium heat and cook until beef is no longer pink. Remove beef from pan, reserving fat in the pan.
2. Add the chopped onions, garlic and carrots to the pan and cook until tender, about 6 to 10 minutes. Add corn, peas and tomato paste and cook for 1 minute longer.
3. Deglaze pan with beer and add ground beef back to the pan. Add salt, pepper and cinnamon, nutmeg, cumin and bay leaf. Bring to a boil and reduce beer by half.
4. Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes.

To assemble:

1. Spread the beef, onions, and vegetables in an even layer in a large baking dish. Spread or pipe the mashed potatoes over the top of the ground beef mixture.
2. Bake in oven until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

Nutritional Analysis

Calories: 553

Carbohydrates: 36g

Sodium: 119mg

Protein: 36g

Total Fat: 31g

Fiber: 5g