

Shepherd's Pie

Prep Time: 20-30 min Cook Time: 15 minutes

Ingredients:

7 medium red or gold potatoes
1 lb. mushrooms (optional)
3-4 lg. carrots
1 lg. celery stalk
1 lg. white or yellow onion (can use ½ onion if desired)
1 lb. ground turkey, beef, or lamb (lamb is traditional)
1 tsp. Thyme
2 tsp. Hungarian Paprika (Plain or Smoked paprika will also work)
2 tsp. flavorless oil (sunflower, canola, grapeseed, etc.)
2 tsp. all purpose flour
2 T. Worcestershire sauce
1 T. low sodium soy sauce (optional)
1 healthy pinch sea salt (do not use salt if you used Soy sauce)
2/3 c. low fat milk or coconut milk
1 T. butter or ghee
¼ tsp. of black pepper OR several cracks from a grinder
Optional: 1 tsp. ea. of Oregano and Basil

Preheat oven to 425 degrees

1) In a large sauce pan over med high or high heat, boil potatoes (that have been washed, peeled, and quartered) in enough water to cover them. Once boiling, reduce to a simmer and cook for approximately 20 minutes, or until potatoes are fork tender. Drain and set aside. **Note – If you like a more “rustic” pie, don’t peel the potatoes.

2) If using mushrooms, quarter them, and then finely chop carrots, onion, and celery. Set aside.

3) In a large skillet add oil and brown the meat; then remove from pan and set aside. In this same skillet, add veggies and cook until softened. To this mixture, add the seasonings (Thyme, salt, pepper, Worcestershire sauce, and Paprika), and a slurry made from a couple tablespoons of cold water and the two tsp of flour. After the mixture starts to thicken and show a bit of a “gravy” consistency (may need to add a another Tablespoon or so of stock or water to loosen if mixture is too thick), add meat back in and fold everything together. Turn off heat, cover, and leave sit while you mash the potatoes.

4) In a large mixing bowl mash the cooked potatoes and add in the milk or coconut milk and the butter or ghee. Add a bit of salt and pepper and set aside. This should be a nice smooth consistency, but not too thin.

5) pour meat and veggie mixture into either a pie pan or casserole dish, and then spread the potatoes evenly over the top.

6) Put into preheated 425 degree oven and bake for approximately 15 minutes, or until potatoes are golden brown, and the filling is bubbling at the edges.

****Tip** – Put the pie dish on a cookie sheet before placing in oven, in case any of the filling bubbles over the edge (which happens frequently).