

# SHEPHERD'S PIE



**Time Required:**  
**60 Minutes**



**Servings: 4**

## INGREDIENTS:

- 1 lb of ground beef = 2 1/2 cups of cooked beef (OR 2 1/2 cups of cooked lentils)
- 1/2 onion, chopped (optional)
- 1 can of peas or mixed vegetables
- 1 cup of vegetable broth
- preferred seasonings (suggested: salt, black pepper, paprika, garlic, chili pepper/flakes)

### Mashed Potatoes

- 1 lb potatoes + 7 tbsp butter + milk as needed

## STEPS FOR COOKING:

1. Add the ground beef to a pan with a few tablespoons of oil, season it, and cook thoroughly.
2. If using lentils, cook according to the directions (you can use broth instead of water for extra flavor.
  - a. Drain the water/broth, and season as you like.
3. Add the mixed vegetables (and chopped onion if you are using it), season, and cook for a few minutes.
4. Peel and boil the potatoes.
5. Drain them and mash them.
6. Mix in the butter and then some milk until you reach the desired texture.
7. Serve with the meat/lentil mixture.

Recipe Source: <https://gocookyummy.com/mince-tatties/>

## WIC Foods:

- Potatoes
- Onion
- Vegetables for Broth (see Vegetable Broth recipe)
- Milk
- Lentils

## Pantry Foods:

- Ground beef or Dried lentils
- Can peas or mixed vegetables
- Can of sliced potatoes
- Frozen potatoes
- Dried potato flakes
- Shelf-stable milk

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