



Shepherd's Pie Recipe

This is a delicious recipe that is gluten free and doesn't use any peas! Instead add corn and make a full 13x9 pan of Shepherd's pie!

Equipment

- 13"x9" glass baking dish
- Stock Pot with Lid
- Large Sauce Pan with Lid
- Mixer



Ingredients



Ground Meat Filling

- 3 tbsp avocado oil
- 2 lbs ground beef
- 3/4 tsp salt
- 1/2 tsp pepper
- 3 medium carrots (peeled and sliced)
- 1 medium onion (chopped)
- 3 garlic cloves (minced)
- 2 tbsp fresh parsley (chopped)
- 1 tsp fresh thyme (minced)
- 3 tbsp cornstarch
- 3 cups vegetable or beef broth
- 2 cups frozen or fresh corn

Mashed Potatoes

- 3 lbs gold or russet potatoes
- 1/2 tsp garlic powder
- 3/4 tsp salt
- 3/8 tsp pepper
- 4 tbsp butter
- 3 tbsp milk

Topping

- 4 oz sharp cheddar cheese
- 1 tsp fresh parsley (chopped)

Instructions



Ground Meat Filling

1. Prepare your carrots, garlic, parsley and thyme and set aside in a small bowl.
2. Chop the onion and set aside.
3. Add 2 tbsp of avocado oil to your large sauce pan. Turn to medium heat and add your ground beef (or meat of your choice). Season with salt and pepper. Cook until the meat has been browned, but not fully cooked.
4. Place the ground beef in a large bowl and return the sauce pan to the stove. Add another 1 tbsp of avocado oil and cook the onion for a few minutes. You want it to be soft but not browned.
5. Add the carrots, garlic, parsley and thyme and cook for 2-3 minutes, stirring occasionally. Stir in the cornstarch and cook for another 1-2 minutes while stirring occasionally.
6. Add the vegetable or beef broth, ground beef, and corn to the carrot mixture. Bring to a boil and simmer while stirring occasionally, making sure to scrap the bottom of the pan. Simmer for 25 minutes or until the sauce begins to thicken. If it needs to thicken a bit more, add another 1 tbsp of cornstarch and simmer for another few minutes.
7. Once the filling is done, taste and season with more salt and pepper if necessary. Place the filling evenly in the bottom of the 13x9 glass baking dish.

Mashed Potatoes

1. Wash and peel your potatoes. Slice about 1/2" thick and cut them in half or quarters depending on the size. Place them in the stock pot and add water until it is at least 1" above the potatoes. Salt the water.
2. Place the stock pot on the stove and bring to a boil. Cook until the potatoes break apart easily with a fork.
3. Drain the water and add the garlic powder, salt, pepper, butter and milk. Beat with a hand mixer or a stand mixer. Taste test and add more ingredients as necessary.
4. Either pipe or evenly spoon the potatoes on top of the ground meat filling.

Topping

1. Preheat oven to 425 F.
2. Place the 13x9 glass baking dish in the oven and bake for about 10 minutes, until it is hot and bubbling.
3. Remove the baking dish and preheat the broiler.
4. Grate the sharp cheddar cheese and sprinkle on top of the mashed potatoes.
5. Broil for a few minutes until the cheese is lightly browned and bubbling.
6. Sprinkle with fresh parsley before serving.
7. Store any leftovers in an airtight container. Will last about 4 days in the refrigerator or 4-6 months in the freezer.