

Shepherd's Pie

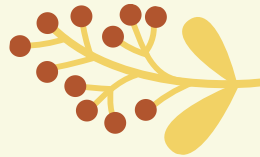
Ingredients:

- 1 lb ground meat (beef, turkey, chicken) or 1 can (540ml) lentils
- 2 cloves garlic, minced
- 1 medium onion, finely chopped
- ½ cup mushrooms, chopped
- 1 can (540 ml) diced tomatoes
- 1 tsp Worcestershire sauce
- 3 cups frozen/canned mixed veggies (peas, corn, carrots)
- 1 medium sweet potato
- 6 white potatoes
- ⅔ cups plain yogurt or sour cream
- 1 tbsp cornstarch or flour
- Seasonings of your choice (salt, pepper, Italian, etc.)
- Toppings of your choice (parsley, parmesan cheese, paprika, etc.)



Prep time: 25 mins
Cook time: 20-25 mins
Total time: 45-50 mins
Makes 4-6 servings

Steps:



1. Preheat oven to 375°F.
2. Chop garlic, onions and mushrooms. Set aside.
3. Peel potatoes and cut into cubes.
4. Add potatoes to medium-sized pot, cover with cold water and bring to a boil. Reduce heat and simmer until fork tender.
5. While potatoes are cooking, use a large skillet to sauté ground meat on medium heat until browned. Drain any excess liquid.
6. Add garlic, onion and mushrooms to skillet and cook until soft, about 3 minutes.
7. Add diced tomatoes and Worcestershire sauce to skillet. Bring mixture to a light boil, mixing often.
8. Add flour or cornstarch and seasonings of your choice to skillet mixture and stir. Cover and simmer on low heat.
9. Remove potatoes from heat. Drain and mash potatoes with yogurt or sour cream.
10. Place meat mixture in bottom of casserole dish, place mixed veggies on the meat, then top with mashed potatoes.
11. Cook at 375°F until thoroughly heated, about 20-25 minutes, and top is golden brown.
12. Add toppings of your choice.

