

Chef Spotlight

Celebrating Foods of the World



Easy Shepherd's Pie

MAKES 6 SERVINGS

INGREDIENTS

2 large carrots, peeled and chopped (about 1 cup)
1/2 small onion, chopped fine
2 tablespoons olive oil
1-1/4 pounds lean ground beef or ground turkey
Salt and freshly ground black pepper, to taste
1/2 cup frozen corn kernels
1 cup beef gravy
2-1/2 to 3 cups mashed, fresh or from mix
1 egg
2 tablespoons milk

Gravy ... ground meat ... potatoes. With stick-to-your-ribs ingredients like these (plus a few others), how can you miss? Combine them all for shepherd's pie, a classic dish that's been pleasing palates for, oh, a few hundred years. Some things never go out of style.

PREPARATION

Preheat the oven to 350 degrees. Spray a 2-quart baking dish with cooking spray.

In a large skillet, saute the carrots and onion in the olive oil for about 5 minutes, or until soft. Add the ground beef and cook for 10 minutes or until it is done, breaking it up with a large spoon as it browns.

Drain any accumulated fat from the beef mixture. Season with salt and pepper. Stir in the frozen corn kernels. Spoon the mixture into the baking dish. Pour the gravy over the ground beef mixture.

Bake, uncovered, for 20 minutes. While the beef mixture bakes, prepare the potatoes. Spoon the mashed potato topping over the meat mixture, spreading it out so that it is even.

In a small bowl, beat the egg with the milk. Brush the egg-milk mixture evenly over the mashed potato topping. Return the dish to the oven and bake it for 10 minutes. Remove and set oven to broil. Broil the shepherd's pie for 5 minutes, or until the mashed potatoes are golden brown.

Serve with green vegetables.

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