

SHEPARD'S PIE

A RUSTIC DISH THAT CAN WARM UP EVEN THE COLDEST WINTER DAYS



Yield: 8 – Serving Size: 4oz. – Prep Time: 25 Minutes



Ingredients:

- 1 Lbs. - Ground Lamb/Ground Beef
- ½ Cup - White Onions, Medium Dice
- ½ Cup - Celery, Medium Dice
- ½ Cup - Carrots, Sliced Rounds
- ¼ Cup - Fresh Garlic, Sliced
- ½ Cup - Yellow Corn
- ½ Cup - Green Peas
- 1 Tbsp. - Salt
- 1 tsp. - Black Pepper
- ¼ Cup - Worcestershire Sauce
- 2 Tbsp. - Fresh Rosemary, Finely Minced
- 2 Tbsp. - Fresh Sage, Finely Minced

- 1) Preheat oven to 450 degrees. In a sauté pan over high heat begin to brown/sear the ground lamb. Allow the lamb to cook until all the pink is gone.





2) Once the lamb has browned add the white onions, celery and carrots. Sauté until the onions become translucent. Approximately 3-4 minutes.

3) Add the rosemary, sage, salt and black pepper. Stir to incorporate.



4) Finally add the yellow corn, green peas and Worcestershire sauce. Stir until everything is well incorporated and remove from the heat.



5) Place the Shepard's Pie mixture in an oven safe dish. Top with the USDA Mashed Potatoes Recipe from this week or your favorite mashed potato recipe.



6) Place the Shepard's Pie into the preheated oven and allow it to bake until the potatoes have browned. Approximately 5-8 minutes.

7) Remove the Shepard's Pie and Enjoy!



Equipment Needed: Measuring Cups and Spoons, Knife, Cutting Board, Sauté Pan, Oven Safe Casserole Dish and Serving Spoon

Calories: 182Kcal – **Calories from Fat:** 107.7Kcal – **Total Fat:** 12g – **Saturated Fat:** 5.7g – **Trans Fat:** 1g – **Cholesterol:** – 41.4mg **Sodium:** 1019.9mg – **Total Carbohydrate:** 8.2g – **Dietary Fiber:** 1.3g – **Sugar:** 2.4g – **Protein:** 11g