

## Shepherds Pie

**Prep:** 35 min

**Cook:** 30 min

**Yield** 4 Servings

### **Ingredients:**

5 potatoes  
12 ounces frozen vegetables  
¼ cup milk  
2 tablespoons butter  
Pepper  
Salt  
2 cups beef cooking liquid  
¼ cup butter  
¼ cup flour  
1 teaspoon olive oil  
1 small onion (1 cup)  
1 garlic clove, minced  
2 cups cooked roast

### **Directions:**

Boil or steam potatoes until fork tender. Do not discard cooking liquid. Scoop potatoes out of the liquid or remove from steamer basket into a large bowl.

Preheat oven to 350° F.

Bring the water back to boil. Steam or boil frozen vegetables for 3 minutes.

Meanwhile, add 2 tablespoons of butter and milk to potatoes and mash them.

Add salt and pepper to taste then set aside.

Strain the vegetables and set aside.

Gravy: Using the same pan as the potatoes and vegetables add ¼ cup butter and melt. Add flour stirring for 2 minutes until thick and brown.

While stirring slowly add beef broth and keep stirring until thick. When you run your finger across the back of the spoon you will see a clean line. Turn off heat.

In a large sauté pan add 1 teaspoon olive oil and onion until tender.

Add garlic for two minutes.

Add chopped beef, vegetables, and gravy. Mix everything together.

If your pan is oven proof at 350° F spoon potatoes on top of the mixture. Place in oven for 30 minutes.

If your pan is not oven proof then add the beef mixture to the bottom of a casserole dish. Spoon potatoes over the top and bake for 30 minutes.