

WHAT'S COOKING?

Shepherd's Pie

INGREDIENTS

1 tbs. vegetable oil
1 large onion, chopped
1 large carrot, chopped
500 g. ground beef
1 C beef or chicken broth
1 tbs tomato paste
1 tsp chopped fresh or dry rosemary
1 tbs chopped parsley

1 C frozen peas
1 kilo potatoes,
cut into chunks
6 tbs unsalted margarine
1/2 C soymilk
Kosher salt to taste



DIRECTIONS

1. Preheat oven to 375°F (190 °C).
2. In a large sauté pan over medium-high heat, heat the oil, then add the onion, carrot, and meat. Cook until browned, 8 to 10 minutes.
3. Drain the fat and add the broth, tomato paste, and herbs. Simmer until the juices thicken, about 10 minutes, then add the peas.
4. Pour the mixture into a 1 1/2-quart baking dish; set aside.
5. Meanwhile, bring the potatoes to a boil in salted water. Cook until tender, about 20 minutes; drain.
6. Mash the potatoes with the margarine, soymilk, and salt.
7. Spread them over the meat mixture, then crosshatch the top with a fork.
8. Bake until golden, 30 to 35 minutes.

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