

Shepherd's Pie (for 4)

Ingredients:

500 g	ground beef
15 mL	vegetable oil
1	clove garlic, chopped
1	onion, chopped
30 mL	flour
5 mL	salt (more or less to taste)
5 mL	pepper (more or less to taste)
250 mL	beef broth
15 mL	tomato paste
30 mL	fresh chopped parsley
250 mL	vegetables (peas, corn, green beans, diced celery, or grated carrots)
5-6	potatoes, peeled and boiled
75 mL	milk
25 mL	margarine
50 mL	cheddar cheese, grated
30 mL	parmesan cheese



Method:

1. In a large pot, add peeled and quartered potatoes to cold water. Bring to a boil, reduce heat and cook until done (= fork can easily pass through).
2. Grate cheese and preheat oven to 400 F.
3. In frying pan, add the vegetable oil and brown meat with garlic and onions. When meat has browned and the onions are translucent, add salt, pepper and flour. Cook for 3-4 minutes over medium heat, stirring often.
4. Add tomato paste and beef broth and cook until the mixture becomes thick and creamy. If you like a thinner sauce, just add a little more broth.
5. Add the 250 mL vegetables and parsley.
6. Using a taster spoon, sample the mixture and add more salt and pepper if you chose. Place mixture into the casserole dish.
7. Once potatoes have finished cooking, drain and add the milk and margarine. Mash until smooth. Add cheddar cheese and parmesan to the potatoes.
8. Carefully put the potatoes mixture onto the meat mixture and evenly spread the potatoes. Bake for 20 minutes or until golden brown.