

Let's Talk Food Literacy

Shepherd's Pie

Makes 6 servings

Shepherd's pie is a crowd-pleaser that also freezes well for a quick meal. You can swap out all or part of the ground meat for cooked green or brown lentils (plant-based protein) to boost fibre, save money, and help the environment.



Shepherd's Pie

Ingredients:

Protein Foods

1 lb. lean ground meat e.g. (beef, turkey, mutton, venison) or cooked green or brown lentils

Vegetables

2 lbs. potatoes, washed, peeled and evenly cut
1 medium onion peeled and chopped
4 cloves garlic peeled and chopped (optional)
1 medium sized carrot washed, peeled and chopped
1 rib celery, washed and chopped
1 cup corn either fresh, frozen or canned
2 Tbsp tomato paste
½ cup frozen peas

Seasoning, oils, and other ingredients

2 sprigs fresh thyme chopped
Pinch of salt
Pepper
1 cup stock (e.g. beef or vegetable stock)
2 Tbsp non-hydrogenated margarine
¼ cup milk
1 tbsp oil

Method:

- Collect all ingredients, and thoroughly wash all vegetables.
- Peel and chop potatoes – smaller pieces take less time to cook. Place in water with a pinch of salt and two cloves of garlic (if adding).
- Cook until tender. Drain potatoes and mash; add a little bit of margarine. Keep warm and set aside.
- Meanwhile, heat a medium sized pot, add oil and brown lean ground beef. Once ground beef is cooked remove beef and drain in a colander.
- Place the pot on the stovetop. Sweat off onions, celery, carrots, garlic.
- Once the vegetables are tender, add the beef back into the pot. Add beef stock and heat, add tomato paste. This will slightly thicken the stock and make a sauce.
- Add fresh chopped thyme and a pinch of salt and pepper. Fold in corn and peas to the meat mixture and continue to heat. Place meat mixture into a baking dish.
- Top with the mashed potatoes, sprinkle paprika and bake in the oven at 175°C (350°F) for roughly 30 minutes, until the potatoes have a nice crust on top. Serves 4.
- Internal temperature must reach 74°C (165°F).
- Enjoy with a side of vegetables and whole grains. This pairs nicely with salad and whole grain baguette.

Yum...enjoy!



Tips and Tricks:

- If choosing meat, ground wild game and locally raised meat taste great, and support our local food system.
- Freeze individual portions in tinfoil containers, ramekins or small casserole dishes, and re-heat for a quick meal.
- If using cooked or canned lentils instead of meat, adding chopped mushrooms at the same time can add flavour and moisture. Add extra seasoning to the vegetable mixture - low sodium soy sauce, thyme, and garlic are nice. You might need to add extra moisture when cooking or reheating – a few tablespoons of vegetable stock or water should do the job!