

## Let's Talk Food Literacy

### Shepherd's Pie

Makes 4 servings

#### Ingredients

##### Protein foods:

- 1lb lean ground meat (chicken, pork, beef, turkey, TVP)
- 1 cup canned lentils (drain & rinse) OR ½ cup dried green lentils (rinse & cook, see bag instructions)

##### Vegetables:

- 3-5 large potatoes
- 1 onion
- 4 cloves garlic
- 1 carrot
- 1 rib celery
- 1 cup corn
- 2 Tbsp tomato paste
- ½ cup peas

##### Other:

- 1 Tbsp vegetable or olive oil
- ¼ cup milk
- 2 sprigs thyme
- 1 tsp paprika (optional)
- Salt and pepper
- 1 cup stock
- 2 Tbsp margarine



*Shepherd's Pie*

#### Tips and Tricks:

- ➔ **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- ➔ **Adapt this recipe** to your family's tastes.
- ➔ **Add lentils** as a low-cost way of stretching the recipe!
- ➔ **Make double!** This dish freezes well.
- ➔ **Use canned, fresh or frozen** vegetables.
- ➔ **Use a calibrated thermometer** to see if dish is cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).
- ➔ **Refrigerate or freeze leftovers** promptly. Store in fridge for up to 3 days. Freeze up to 3 months.

**Watch the how-to video!** [youtube/6Wmj1moaJaU](https://www.youtube.com/watch?v=6Wmj1moaJaU)

#### Directions

1. Turn oven on to 350°F.
2. Rinse onion, garlic and vegetables under cool running water. Peel and chop into small pieces.
3. Fill a pot with water, potatoes and 2 cloves garlic. Bring water to a boil. Simmer until tender.
4. Drain the water. Mash the potatoes. Add milk and margarine. Mix. Set aside.
5. In a frying pan, add oil and heat on MEDIUM. Add meat. Cook. Drain meat in a colander.
6. In the same frying pan, cook onions, celery, carrots and 2 cloves garlic until tender. Add meat back to pan.
7. Add lentils, stock, tomato paste and heat on MEDIUM. Stir until the liquid thickens.
8. Add thyme, pinch of salt and pepper, peas and corn to pan. Stir.
9. Pour meat mixture into a baking dish. Top with mashed potatoes. Sprinkle with paprika.
10. Bake in oven 30 minutes. Insert a calibrated thermometer. It is ready when it reaches 74°C (or 165°F).
11. Serve with vegetables.