



Shepherd's Pie

Recipe By: Aynsley Campbell

@honymfin

honymfin.com

Prep Time: 30min

Cook Time: 1hr 30min

Bake Time: 30min

Temp: 350*

Single Serving: 1 Shepherd's Pie

Bulk: 5 Shepherd's Pies

Meat & Veggie

| | |
|---------------|----------------------------|
| 1 lb | Cooked Ground Beef or Lamb |
| 1 1/4 Cup | Carrots |
| 3/4 Cup | Celery |
| 3/4 Cup | Onions |
| 1 Tbsp | Olive Oil |
| 2 Tbsp | Butter |
| 3 Tbsp | Tomato Paste |
| 3 Tbsp | Worcestershire Sauce |
| 2-3 Sprigs | Fresh Thyme |
| 1/2 tsp | Dried Rosemary |
| 2-3 tsp | Dijon or Spicy Mustard |
| 1 tsp | Kosher Salt |
| 1 Cup or 8 oz | Beef Broth |
| 2 tsp paste | Better Than Bullion Beef |
| 1 Cup or 8 oz | Water |
| 1 Tbsp | All Purpose Flour |

Mash Potatoes

| | |
|----------|--------------------------|
| 2 lbs | Baking Potatoes |
| 1 Cup | Milk Warm or Heavy Cream |
| 2 Tbsp | Butter |
| To Taste | Salt and Pepper |

Meat & Veggie

| | |
|-----------------|----------------------------|
| 5 lb | Cooked Ground Beef or Lamb |
| 6 1/4 Cup | Carrots |
| 3 3/4 Cup | Celery |
| 3 3/4 Cup | Onions |
| 4 Tbsp | Olive Oil |
| 8 Tbsp | Butter |
| 1 Cup | Tomato Paste |
| 1 Cup | Worcestershire Sauce |
| 4-5 Sprigs | Fresh Thyme |
| 2 1/2 tsp | Dried Rosemary |
| 1/4-1/3 Cup | Dijon or Spicy Mustard |
| 1 Tb + 2 tsp | Kosher Salt |
| 5 Cups or 40 oz | Beef Broth |
| 4 Tbsp paste | Better Than Bullion Beef |
| 5 Cups or 40 oz | Water |
| 5 Tbsp | All Purpose Flour |

Mash Potatoes

| | |
|----------|--------------------------|
| 6 lbs | Baking Potatoes |
| 3 Cups | Milk Warm or Heavy Cream |
| 6 Tbsp | Butter |
| To Taste | Salt and Pepper |

Freeze Individually In Disposable Baking Tins

- Step 1: Meat In a large frying pan cook **Meat** thoroughly, breaking up while cooking. Transfer Meat to a paper towel lined strainer to soak up and drip away extra fat grease. Set aside
- Step 2: Veggies Chop into small cube sized or use a food processor to pulse small **Carrots, Onions, and Celery**. Heat **Olive Oil and Butter** in same fry pan that you used for meat. Heat for a couple minutes. Add the veggies mix to the Butter and Oil Cook for 10 min until softened
- Step 3: Seasonings As the Veggie mix continues to cook add **Tomato Paste, Worcestershire sauce, Thyme, Rosemary, Kosher Salt and Mustard**. Cook together for 5-10 min
- Step 4: Combine it All Now that the Veggies have cooked a little, add the Meat to them. Cook for 5 min. Now Add to the Veggie & Meat Mix **Beef Broth, Better than Bullion, and Water**. Let Simmer for about an Hour or until you get a rich sauce and the meat is tender.
- Step 5: Mashed Pots Peel and Quarter **Potatoes**, place in stock pot and cover with water. Bring water to Boil, then let simmer for 15+ min until tender. Drain, then add **Butter, salt, and milk**. Mash and mix by hand or in mixer

**You can add any flavor to your mash you like to give a more complex profile... garlic, mustard, caramelized onions etc.

- Step 6: Layer & Bake Make a roux with the **Flour** by adding a little water, until its paste like. Add that to your meat & veggie mix. Take your Meat & Veggie spread it out evenly in an oven safe casserole dish. Then the same with your mashed potatoes on top of Meat Mix.

***If Freezing Do Not Bake** Bake in Oven for 25 min or until slightly golden on top. Let it sit 10 min after removing from oven.

Eat Enjoy Share with a Friend!