

1 – Lrg Pan

Easy Shepard's Pie (gluten free)

Shepherd's Pie Baked Potatoes are everything you love about the classic shepherd's pie but served over a warm baked potato. A delicious shepherd's pie filling of ground turkey, seasonings, beef broth, and veggies gets loaded on top of a soft potato and topped with shredded cheese.

Prep Time: 15 minutes

Cook Time: 50 minutes

Serves: 4 to 6



INGREDIENTS

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| <ul style="list-style-type: none">• 1 teaspoon salt, plus more to taste• 3 large (1 1/2 to 2 pounds) potatoes , peeled and quartered• 8 tablespoons (1 stick) butter, divided• 1 medium onion, chopped (about 1 1/2 cups)• 1 to 2 cups mixed vegetables, such as diced carrots, corn, or peas | <ul style="list-style-type: none">• 1 1/2 pounds ground round beef• 1/2 cup beef broth• 1 teaspoon <u>Worcestershire sauce</u>• Pepper and/or other seasonings of choice |
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Instructions

1. **Preheat the oven to 400°F.**
2. **Sauté the vegetables:** While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes. If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions because they take as long to cook as the onions do. If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.
3. **Add the ground beef, then the Worcestershire sauce and broth:** Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Drain the pan of excess fat, if necessary (anything more than 1 tablespoon). Season with salt and pepper. Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out. Taste the cooked filling and, if needed, add more salt, pepper, Worcestershire, or other seasonings of your choice.
4. **Mash the cooked potatoes:** (*can also use refrigerated mashed potatoes, Simply Mashed or Bob Evans if you prefer*). When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 tablespoons of butter. Mash with a fork or potato masher, taste, and adjust seasonings with salt and pepper.
5. **Layer the meat mixture and mashed potatoes in a casserole dish:** Spread the cooked filling in an even layer in a large baking dish (such as a 9 x 13-inch casserole). Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.
6. **Bake:** Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

FREEZING INSTRUCTIONS FOR PREPARED MEALS:

- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.