**Shepherd's Pie**

**Ingredients:**

2 potatoes, peeled and diced

1 cup of ground beef

1/8 onion diced

½ carrot diced

1 clove of garlic

50 ml frozen corn

1 tbsp (15 ml) butter

1 tbsp (15 ml) flour

¾ cup (200ml) beef stock (200ml hot water and ½ a cube of beef stock)

1 tbsp (15 ml) Dijon mustard

1 tbsp (15 ml) soy sauce

1 tbsp (15 ml) Worcestershire sauce

1 tbsp (15 ml) butter or margarine

1 tbsp (15 ml) milk

1 ml salt

**Method**:

1. Preheat oven to 350.
2. In a medium sauce pan cover diced potatoes with cold water. Place on high heat and bring to a boil. Reduce heat and simmer with lid on until the potatoes are fork tender.
3. While cooking the potatoes, in a frying pan cook the ground beef. While cooking, break up the ground beef and cook until lightly browned.
4. Once the ground beef is cooked, remove the excess grease and place in a grease tin. Place ground beef in a bowl.
5. Add vegetables to frying pan and cook until tender. (about 5 minutes)
6. Add the ground beef back into the pan and add 15 ml butter and melt.
7. Add 15 ml of flour and cook for 1 minute.
8. Combine beef stock, Dijon mustard, soy sauce and Worcestershire sauce in a measuring cup.
9. Add the liquid to the frying pan and cook until thickened.
10. Place beef and vegetable mixture in a small casserole dish
11. Once potatoes are cooked mash and add butter/margarine and milk.
12. Carefully cover meat mixture with mashed potatoes
13. Bake at 350 for 20 minutes

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| For next time…. |