## **EASY SHEPHERD'S PIE**

## **INGREDIENTS**

1 teaspoon salt

3 large potatoes (peeled and quartered)

8 tablespoons butter (1 stick)

1 medium onion, chopped

2 cups frozen mixed vegetables (such as peas, corn, carrots, etc.)

1 ½ lbs ground beef

½ cup beef broth

1 teaspoon Worcestershire sauce

## **PREPARATION**

- 1. Place the peeled and quartered potatoes into a pot and cover with water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender
- 2. Preheat the oven to 400°F.
- 3. While the potatoes are cooking, melt 4 tablespoons butter in a large sauté pan on medium heat. Add the chopped onions and cook on medium heat until translucent (about 6 10 minutes).
- 4. Add the ground beef to the pan with the onions. Cook until no longer pink and drain excess fat if needed. Season with salt. Add the Worcestershire sauce, beef broth and frozen vegetables. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if needed to keep the ground beef from drying out.
- 5. When the potatoes are done cooking, drain the pot and add the remaining 4 tablespoons of butter. Mash the potatoes, taste, and add salt if needed.
- 6. Spread the cooked filling in an even layer in a large baking dish (9 x 13 casserole dish). Spread the mashed potatoes over top in an even layer.
- 7. Cook at 400°F until browned and bubbling (about 30 minutes). Enjoy!

Recipe adapted from www.simplyrecipes.com

## apainintheneck.org

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.