

CHEESY SHEPHERD'S PIE

Can be made a day or two ahead and reheated in oven until hot. Although this hearty dish is a meal in itself, you may wish to add some steamed broccoli, peas or corn as a side dish or a fresh garden salad.

Yield
6 servings

Ingredients		
2 ½ lb	russet potatoes, peeled, quartered	1.25 kg
2 Tbsp	butter	30 mL
2 Tbsp	light sour cream	30 mL
1/3 cup	thinly sliced green onions	75 mL
1 Tbsp	butter	15 mL
1 ½ cups	chopped onion	375 mL
1 ½ cups	chopped carrot	375 mL
½ cup	chopped celery	125 mL
1 lb lean	ground beef	454 g
2 Tbsp	all-purpose flour	30 mL
1 cup	beef broth	250 mL
3 Tbsp	tomato ketchup	45 mL
2 tsp	Worcestershire sauce	10 mL
2 tsp	curry powder	10 mL
¼ tsp	salt	1 mL
¼ tsp	coarsely ground pepper	1 mL
1 cup	shredded aged white cheddar cheese	250 mL

Directions
Cook potatoes in medium pot of salted water on medium-high heat for about 15 minutes until tender. Drain and return to same pan. Mash potatoes until no large lumps remain. Add butter and sour cream and stir with fork until smooth. Stir in green onions. Set aside. Heat butter in large saucepan on medium-high heat. Add onion, carrot and celery. Cook for about 10 minutes, stirring occasionally until onion is softened. Add beef. Cook on medium-high heat breaking up beef until well browned. Add flour and stir until well combined. Stir in broth, ketchup, Worcestershire sauce, curry powder, salt and pepper. Bring to boil then reduce to medium-low heat. Simmer, uncovered for 10 to 15 minutes until thickened and almost no liquid remains. Spoon beef mixture into 6 to 8 cup baking dish. Spread potato mixture overtop beef, leaving potatoes a little rough and uneven. Sprinkle cheese overtop. Bake in 350°F (180°C) oven for about 20 minutes until cheese is bubbling. Broil for about 1 minute to brown cheese if desired.

Nutrient Content
Per Serving: Energy: 510.9 Kcal · Carbohydrate: 50.0 g · Protein: 26.0 g · Fat (Total): 23.7 g · Calcium: 200.4 mg