

Grandma's Cottage Pie

*Cooking with Curtis Stone
Winn-Dixie Foods*

Servings: 4

*12 ounces ground beef (80 % lean)
2 medium (1 cup) carrots, peeled and
cut into small dice
1 small (1/2 cup) onion, cut into
small dice
2 cloves garlic, finely chopped
2 teaspoons fresh thyme leaves,
chopped and divided
2 tablespoons tomato paste
1 tablespoon all-purpose flour
1 1/2 cups beef broth
2 teaspoons Worcestershire sauce
1 1/4 pounds Yukon Gold potatoes,
peeled and cut into two-inch pieces
3/4 cup whole milk, warm
3 tablespoons butter, melted and
divided*

Preparation Time: 15 minutes

Cook Time: 30 minutes

Heat a large heavy skillet over high heat. Add the beef and cook, stirring to break up into pieces, for about 4 minutes or until cooked and beginning to brown. Pour off all but one tablespoon of the pan drippings.

Add the carrots, onion, garlic and one teaspoon of thyme. Cook, stirring often, for about 6 minutes or until the vegetables are tender. Stir in the tomato paste and then the flour. Cook for 1 minute. Add the broth and Worcestershire sauce. Simmer for about 6 minutes or until the vegetables are completely tender and the sauce has reduced and is just coating the vegetables. Season with salt and pepper. Transfer to a nine-inch-diameter pie dish.

Place the potatoes in a large saucepan and add enough water to cover them by one inch. Bring the water to a simmer over high heat. Reduce the heat to medium and simmer for 15 to 20 minutes or until the potatoes are tender.

Drain the potatoes in a strainer. Set the strainer over a hot saucepan to evaporate any excess steam. Return the potatoes to the saucepan and mash the potatoes. Stir in the milk, 2-1/2 tablespoons of butter and the remaining one teaspoon of thyme to form a creamy consistency. Season with salt and pepper.

Preheat the broiler. Spread the mashed potatoes over the beef filling. Brush the potatoes with the remaining one-half tablespoon of butter. Broil for about 6 minutes or until the top is crispy and golden.

Per Serving (excluding unknown items): 288 Calories; 10g Fat (32.2% calories from fat); 10g Protein; 39g Carbohydrate; 4g Dietary Fiber; 30mg Cholesterol; 701mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	288	Vitamin B6 (mg):	.2mg
% Calories from Fat:	32.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	53.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	20mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	30mg	% Daily Value*	n n%
Carbohydrate (g):	39g		
Dietary Fiber (g):	4g		
Protein (g):	10g		
Sodium (mg):	701mg		
Potassium (mg):	454mg		
Calcium (mg):	89mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	45mg		
Vitamin A (i.u.):	10731IU		
Vitamin A (r.e.):	1133RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 288 **Calories from Fat:** 93

% Daily Values*

Total Fat 10g	16%
Saturated Fat 6g	32%
Cholesterol 30mg	10%
Sodium 701mg	29%
Total Carbohydrates 39g	13%
Dietary Fiber 4g	15%
Protein 10g	
Vitamin A	215%
Vitamin C	75%
Calcium	9%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.