

Beef

Shepherd's Pie

Tom Mullen

Servings: 8

This dish can be prepared ahead of time through placing potatoes in casserole dish and can be refrigerated, covered, overnight. Baking time may need to be slightly extended to overcome refrigerator chill.

This recipe can also be split into two 8x8x2-inch baking dishes of four portions each.

- 3 pounds lean ground beef**
- 1 large onion, sliced**
- 2 cans (4 oz) mushroom stems and pieces**
- 1 can (15 oz) sloppy joe sauce (original flavor)**
- 1 can (15 oz) sloppy joe sauce (bold and spicy)**
- 1/2 pound matchstick-cut carrots**
- 2 tablespoons Worcestershire sauce**
- 1/2 tablespoon garlic powder**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**
- 8 dashes hot sauce**
- 2 tubs (20-24 oz) mashed potatoes (Simply Potatoes, Diner's Choice, Bob evans)**
- 2 cups (8 oz) cheddar cheese, shredded**

Preheat oven to 350 degrees.

In a large skillet on medium-high heat, cook ground beef onions and mushrooms; crumble beef and drain.

Add sloppy joe sauce, carrots, Worcestershire, garlic powder, salt, pepper and hot sauce; mix well. Reduce heat to low, simmer for 20 to 30 minutes.

Place meat mixture in a 13x9x2-inch baking dish.

Microwave each tub of potatoes for 3 minutes on HIGH to warm and soften. Spread potatoes evenly over top of meat mixture.

Bake for 30 minutes; until hot and bubbly. Spread cheese evenly over top of potatoes. Return to oven until cheese is melted, 5-10 minutes.

Serving Ideas: This can be a great meal served with a fruit salad and green salad. Biscuits are also a good addition.

Per Serving (excluding unknown items): 574 Calories; 45g Fat (71.4% calories from fat); 38g Protein; 3g Carbohydrate; trace Dietary Fiber; 157mg Cholesterol; 413mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.