

# Slow Cooker Shepherd's Pie II

Mari Sitkiewicz - Downers Grove, IL  
www.TasteOfHome.com

## Servings: 5

*2 pounds medium Yukon Gold potatoes, peeled and quartered*  
*2 tablespoons butter*  
*1/4 to 1/3 cup 2% milk*  
*3/4 teaspoon salt, divided*  
*1/2 teaspoon pepper, divided*  
*1 pound ground beef*  
*1 large onion, chopped*  
*2 cloves garlic, minced*  
*3 tablespoons tomato paste*  
*1 3/4 cups sliced fresh mushrooms*  
*2 medium carrots, chopped*  
*1 cup beef broth*  
*1/4 cup dry white wine*  
*2 teaspoons Worcestershire sauce*  
*1/2 teaspoon dried thyme*  
*1/3 cup frozen peas*  
*1/2 cup Monterey Jack cheese, shredded*  
*1 tablespoon fresh parsley, minced*

## Preparation Time: 35 minutes

### Slow Cooker Time: 5 hours 25 minutes

Place the potatoes in a large saucepan. Cover with water. Bring to a boil. Reduce the heat. Cover and cook for 10 to 15 minutes or until tender. Drain. Shake the potatoes over low heat to dry. In a bowl, mash the potatoes, gradually adding butter and enough milk to reach the desired consistency. Stir in one-half teaspoon of salt and one-quarter teaspoon of pepper.

In a large skillet over medium heat, cook the beef, onion and garlic until the meat is no longer pink. Drain.

Add the tomato paste. Cook for 2 minutes. Add the mushrooms, carrots, broth, wine, Worcestershire sauce and thyme. Bring to a boil. Reduce the heat and simmer, uncovered, until most of the liquid is evaporated. Stir in the peas. Season with the remaining salt and pepper.

Transfer the beef mixture to a greased four-quart slow cooker. Spread the mashed potatoes over the top.

Cover and cook on LOW for five to six hours or until bubbly.

Sprinkle with cheese. Cover and cook for an additional 10 minutes longer or until the cheese is melted.

---

Per Serving (excluding unknown items): 437 Calories; 33g Fat (68.2% calories from fat); 23g Protein; 12g Carbohydrate; 3g Dietary Fiber; 101mg Cholesterol; 872mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.