

Slow Cooker Shepherd's Pie III

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Servings: 6

4 medium (about two pounds) Yukon Gold potatoes
1/3 cup milk
salt (to taste)
pepper (to taste)
1 tablespoon olive oil
1 medium onion, diced
2 cloves garlic, minced
1 pound lean ground beef
1 tablespoon tomato paste
1 teaspoon Worcestershire sauce
1 teaspoon dried thyme
1 tablespoon cornstarch
1 cup frozen mixed vegetables

Preparation Time: 10 minutes

Slow Cooker Time: 3 hours

Prick the potatoes all over with a fork. Microwave the potatoes on HIGH, turning once, until tender, about 15 minutes. Remove from the microwave. Let cool slightly. Peel and mash with milk and butter. Season with salt and pepper.

In a skillet over medium heat, warm the olive oil. Add the onion. Cook, stirring, until translucent, about 3 minutes. Add the garlic and cook 30 seconds longer. Add the beef. Increase the heat to medium-high. Cook, breaking up the chunks, until the meat is cooked through and beginning to brown, 8 minutes.

Stir in the tomato paste, Worcestershire, thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper. In a small cup, whisk the cornstarch with one cup water. Add to the skillet and cook, stirring, until the liquid thickens slightly. Remove from the heat.

Transfer the meat mixture to the slow cooker. Layer the vegetables on top of the meat. Top with the potatoes.

Cover and cook on LOW for three hours.

Per Serving (excluding unknown items): 311 Calories; 19g Fat (54.2% calories from fat); 17g Protein; 19g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.