

## SHEPHERD'S PIE

1 tablespoon oil  
1.5 to 2 lbs ground beef or more traditional ground lamb  
1 large onion, chopped  
4 cloves garlic, minced  
2 teaspoons fresh thyme leaves or 1 teaspoon dried  
1/12 teaspoons dried oregano  
3 tablespoons tomato paste  
1 cup beef stock  
1 Tablespoon Worcestershire sauce  
2 to 2.5 cup frozen vegetables (peas and carrots, or other varietal, some like corn)  
3 lbs potatoes of choice  
Butter (1/2 stick)  
1-2 cups milk

Preheat oven to 400F

Heat the oil in a large frying pan or skillet over medium-high heat. Add meat and cook until it begins to sizzle, 6-7 minutes. Add in the onion, garlic, oregano and thyme and sauté for 6 to 8 minutes until softened. Seasoning with salt and pepper. Add tomato paste and cook for an additional 3-4 minutes. Add Worcestershire sauce and beef broth. Bring to a boil, add your frozen vegetables. Cook until all is softened and seasoned.

To thicken mixture, add 2 tablespoons cornstarch or arrowroot powder to a small amount of water and mix well. Begin by adding half of this mixture to the pan, bring it to a boil to fully thicken and add remaining if not thick enough. Season mixture with salt and pepper.

Slice any large potatoes in half, place in a large pot and fill with cold water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.

Once cooked, drain, add back to the pot to evaporate any remaining water, Use a masher, add butter and 1 cup of milk and mash to your liking. Adding more milk when necessary. Heat through. Scoop the beef mixture into a casserole dish and then spread the mashed potatoes on top.

Bake for 15-20 minutes until the pie is hot and bubbling around the edges.

## VEGETARIAN SHEPHERD'S PIE

1 tablespoon oil (olive, canola, vegetable)  
1 large onion, chopped  
1 package cremini or mixed mushrooms, chopped  
4 cloves garlic, minced  
2 teaspoons fresh thyme leaves or 1 teaspoon dried  
1 1/2 cups brown or green lentils (French are the best, look for Bobs Red Mill)  
1 tablespoon Worcestershire sauce  
Couple glugs of red wine  
3 cups vegetable broth (or 1 vegetable bouillon cube)  
2 1/2 cup frozen peas and carrots (or whatever mixed frozen vegetables you like)

3 lbs potatoes of choice  
Butter (1/2 stick)  
1-2 cups milk

Preheat oven to 400F

Heat the oil in a large frying pan or skillet over medium-high heat. Add in the onion, mushrooms, garlic, and thyme and sauté for 6 to 8 minutes until softened and bits are browned. Add Worcestershire sauce and red wine. Let reduce for a few minutes. Add in the lentils, and vegetable broth. Cover, and simmer for 25 - 30 minutes until the broth is absorbed and the lentils are tender. For the last 5 minutes of cooking add the peas and carrots, cover and continue to cook.

To thicken mixture, add 2 tablespoons cornstarch or arrowroot powder to a small amount of water and mix well. Begin by adding half of this mixture to the pan, bring it to a boil to fully thicken and add remaining if not thick enough. Season mixture with salt and pepper.

Slice any large potatoes in half, place in a large pot and fill with cold water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.

Once cooked, drain, add back to the pot to evaporate any remaining water, Use a masher, add butter and 1 cup of milk and mash to your liking. Adding more milk when necessary.

Heat through. Scoop the lentil mixture into a casserole dish and then spread the mashed potatoes on top.

Bake for 15-20 minutes until the pie is hot and bubbling around the edges.