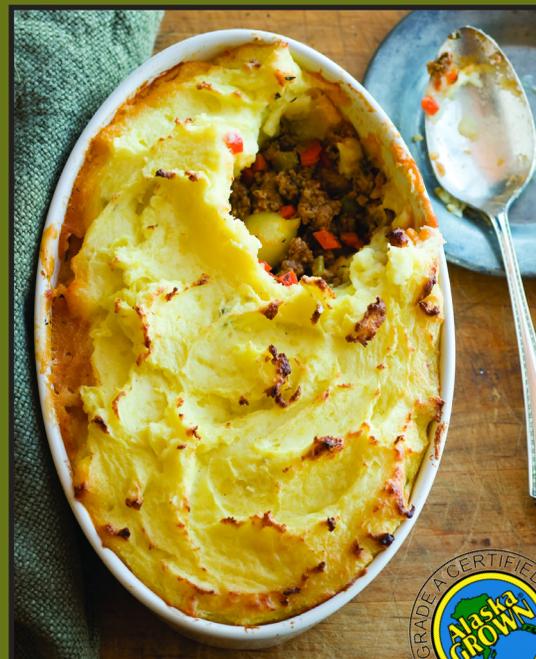


Shepherd's Pie

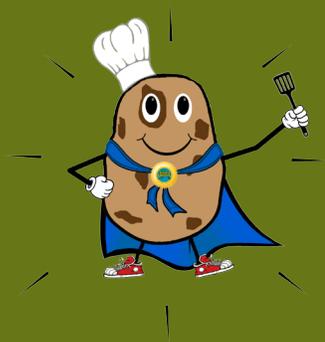
Courtesy of and adapted from: allrecipes.com

Ingredients List

- 4 large Alaska Grown potatoes, peeled and cubed
- 1 tablespoon butter
- 1 tablespoon finely chopped onion
- 1/4 cup shredded Cheddar cheese
- salt and pepper to taste
- 5 Alaska Grown carrots, chopped
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 pound lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon ketchup
- 3/4 cup beef broth
- 1/4 cup shredded Cheddar cheese



Tip: shepherd's pie can also be made with leftover mashed potatoes!



Instructions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.
2. Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees F (190 degrees C.)
3. Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.
4. Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of mashed carrots. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.
5. Bake in the preheated oven for 20 minutes, or until golden brown.