

February 2007

SHEPHERD'S PIE

*4 cups ground beef (or lamb) cooked and drained
– quickly rinse in colander after browning
1 large onion
2-3 stalks of celery
2-3 carrots
Ketchup
1 cup beef broth, fat-free
1/2 tsp. thyme
1/2 tsp. rosemary
1 small can peas
potatoes cooked and mashed (use skim milk or
Land O Lakes 1/2 and 1/2)*

Finely chop onion, celery and carrots and saute in some of the broth or a little olive oil until soft. Add to beef, ketchup, broth and spices and simmer 10-15 minutes. Add peas and put in greased container. Cover with potatoes and heat at 375 for 30 minutes or bubbly. Other spices may be added to suit taste (garlic, meat sauce and mushrooms add good flavor).*