

# Mama's Shepard Pie (THM XO)

Yields 6-8 servings

## Ingredients:

- 1 lb ground beef or lamb
- 1 minced garlic clove
- 1 medium onion chopped
- 2 cups frozen peas and carrot mixture (can use greenbeans if you don't like peas)
- 1/2 cup frozen corn
- 2 Tbsp. Baobab
- 1 Tbsp. parsley
- 1/2 tsp. thyme
- 1 tsp. rosemary
- 1/2 to 1 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. paprika

## Gravy:

- 2 Tbsp. tomato paste
- 1/3 cup red wine (or additional beef broth)
- 1 cup beef broth
- 2 Tbsp. Worsteshire sauce

## Mashed Potatoes: (or can use cauliflower mashed or a combo of both)

- 3-4 cups mashed potatoes. (2 large potatoes, diced and boiled)
- 1/2 cup grated cheddar cheese
- 4 Tbsp. butter
- 1/3 cup half and half (or full fat coconut milk)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. pepper

## Directions:

Add onions and ground beef into pot and brown together (and raw carrots if not using frozen). Drain fat, return to pan.

Add garlic and seasonings, sauté for a until fragrant. Add gravy ingredients and frozen vegetables. Bring to a boil and then simmer for 5 minutes.

Place in a lightly greased 9x9 or 9x13 (if you like it thinner) pan and set aside.

Make the mashed potatoes!

Place the potatoes in a large pot. Cover the potatoes in salted water and bring to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.

Drain the potatoes in a colander. Return the potatoes to the hot pot or kitchen aid bowl for mashing. Add butter, half & half, garlic powder, parsley, salt, and pepper. Mash the potatoes and stir until all the ingredients are well combined.

Spoon the mashed potatoes and grated cheese (if using) over the beef mixture. Bake at 400 degrees for 30 minutes.

Enjoy!