

Mom's Shepherd's Pie

(serves 4-6)

Meat:

1 1/4 lbs ground beef
1 Tbsp olive oil
1 small onion, chopped
2 cloves garlic, minced
1 cup frozen mixed veggies
1/2 tsp salt
1/4 tsp pepper
1/4 tsp allspice
1 Tbsp DIJON mustard
1 + Tbsps Wochestershire Sauce
1/4 cup beef broth
1 Tbsp cornstarch

Potatoes:

4 – 5 medium potatoes
1 Tbsp butter
~ 2 Tbsps milk
S & P to taste
1 cup shredded cheddar cheese (optional)

Cook potatoes in boiling water. Drain and mash with butter, milk and S&P to taste.

Preheat oven to 375 F.

While potatoes are cooking, brown ground beef in olive oil in large fry pan till cooked through (no red).

DRAIN fat.

Add chopped onion and garlic to pan and cook ~ 1 – 2 mins till onions are softened.

Add frozen veggies, salt and pepper, allspice, Dijon and worchestshire sauce.

Mix cornstarch with beef broth till smooth.

Add to meat mixture and stir till thickened.

Pour meat mixture into a 2 qt casserole dish

Spread mashed potatoes over top of mixture, smoothing top.

Sprinkle shredded cheese if desired.

Bake in oven for ~ 30 – 40 mins till hot and bubbly.