**Shepherd’s Pie (4)**

**BASE: TOPPING:**

200 g Ground Beef 1 Large potato

1 Garlic clove, minced 60 mL Milk

1 Small onion, chopped 25 mL Margarine

30 mL Flour 50 mL Cheddar Cheese

2 mL Salt and Pepper 30 mL Parmesan

250 mL Beef broth (5 mL powder)

15 mL Tomato paste

10 mL Parsley

250 mL Frozen veggies

**DAY 1**:

1) In a large pot, place peeled and sliced potatoes and fill 3/4 full with water. Cover with a lid and bring to a boil, cook until potatoes are tender, about 20 minutes. Drain and mash.

2) Meanwhile, in a large skillet, brown ground beef with onion and garlic. Add salt, pepper and flour. Cook 3-4 minutes and stir often.

3) Add tomato paste and broth. Cook until creamy. Add

vegetables and parsley. Place in greased loaf pan.

4) Mix together mashed potatoes, cheeses, milk and margarine and spoon on top of meat mixture. Cover and label with names and block.

**DAY 2**:

1) Preheat oven to 400˚F. Bake for 20 minutes and serve hot.

Demo Questions:

1) How do you know the ground beef is done cooking?

2) What is the purpose of the flour in the base of the Shepherd’s pie?

3) How can you check potatoes for doneness?