

SERVINGS: 6 SERVINGS

EASY SHEPHERD'S PIE RECIPE

PREP TIME: 45 MINS COOK TIME: 45 MINS

TOTAL TIME: 1 HR 30 MINS

AUTHOR: CATALINA CASTRAVET COURSE: DINNER

CUISINE: IRISH

KEYWORD: SHEPHERD'S PIE

Shepherd's Pie is a traditional Irish dish made with ground lamb cooked with peas and carrots and topped with a mashed potato crust.

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INGREDIENTS

- 1 pound ground lamb or beef
- 1 medium onion *diced*
- 2 cloves garlic *minced*
- 10 oz frozen peas and carrots *defrosted*
- 10.5 oz can corn *drained*
- 10 oz can tomato soup *or mushroom soup*
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon basil
- 1/8 teaspoon black pepper
- 3 cups prepared mashed potatoes
- 1 cup cheddar cheese *shredded*

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INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cook lamb or beef, onion and garlic over medium heat until no pink remains. Drain any fat.
3. Stir in soup, Worcestershire sauce, salt, basil and pepper. Spread into the bottom of a 2 qt casserole dish. Sprinkle with peas, carrots and corn.
4. Spoon mashed potatoes overtop and top with cheese.
5. Baked 25-30 minutes or until bubbly.

RECIPE NOTES

Note: This recipe has been updated 10/8/2018. Original recipe inspiration from Alton Brown, Food Network.

NUTRITION INFORMATION Calories: 648, Fat: 24g, Saturated Fat: 11g, Cholesterol: 74mg, Sodium: 730mg, Potassium: 916mg, Carbohydrates: 85g, Fiber: 4g, Sugar: 47g, Protein: 22g, Vitamin A: 55.5%, Vitamin C: 44.8%, Calcium: 18%, Iron: 13.8%

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)