



## Beef Shepherd's Pie

 **Gluten Free**

READY IN



**90 min.**

SERVINGS



**6**

CALORIES



**548 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings pepper black freshly ground
- 0.3 cup beef broth low sodium canned
- 3 medium carrots peeled sliced
- 1 rib celery sliced
- 0.5 pound cremini mushrooms quartered
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 cloves garlic minced
- 1 pound ground beef

- 1 tablespoon kosher salt
- 2 teaspoons kosher salt plus more for seasoning
- 2 tablespoons olive oil extra-virgin
- 1 medium onion diced
- 0.8 teaspoon oregano dried
- 0.3 cup parmesan grated
- 1.5 pounds russet potatoes peeled quartered
- 3 tablespoons tomato paste
- 3 tablespoons butter unsalted
- 6 tablespoons butter unsalted
- 0.8 cup milk whole
- 0.5 teaspoon worcestershire sauce

## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- Preheat oven to 375 degrees F.
- Heat the olive oil and 2 tablespoons of the butter in a large skillet over medium heat.
- Add the onion, carrots, celery, mushrooms, garlic, half the salt, and oregano. Cook until vegetables are tender, about 10 minutes. Stir in the tomato paste and cook until mushrooms are soft and tomato paste has turned brick red, about 8 minutes more. Stir in the beef, the broth, the remaining salt, the Worcestershire, and some pepper, breaking up any large clumps of meat, cook until the meat is no longer pink, about 3 minutes.
- Transfer the meat and vegetables to a 2-quart oval casserole dish and spread the mashed potatoes over the top, leaving a 1/4-inch boarder around the edge. Make a decorative pattern on the top of the potatoes, if desired.

- Sprinkle with cheese, if using, and dot with the remaining tablespoon of butter.
- Bake until potatoes brown and the juices bubble around the edge, about 40 minutes.
- Let cool for 10 minutes before serving.
- Put the potatoes in a saucepan with cold water to cover by about 1-inch and add the salt. Bring to a simmer over medium-high heat, uncovered, until the potatoes are tender but not mushy, about 15 minutes. At the same time, combine the milk and butter in a small saucepan and warm over low heat until the butter is melted.
- Remove from the heat and cover to keep warm.
- Drain the potatoes and return to the saucepan. Toss the potatoes over medium heat until dry.
- Add the heated milk mixture and mash the potatoes until just slightly chunky, then stir in the parsley and season with salt and pepper, to taste.

## Nutrition Facts



■ **PROTEIN 14.52%**
■ **FAT 63.35%**
■ **CARBS 22.13%**

### Properties

Glycemic Index:66.6, Glycemic Load:18.72, Inflammation Score:-10, Nutrition Score:25.098695609881%

### Flavonoids

Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

### Nutrients (% of daily need)

Calories: 547.6kcal (27.38%), Fat: 39.17g (60.26%), Saturated Fat: 18.55g (115.96%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 27.28g (9.92%), Sugar: 6.24g (6.93%), Cholesterol: 105.32mg (35.11%), Sodium: 2193.38mg (95.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin A: 5973.11IU (119.46%), Vitamin B6: 0.8mg (40.14%), Vitamin K: 38.41µg (36.59%), Selenium: 24.09µg (34.41%), Potassium: 1164.09mg (33.26%), Vitamin B3: 6.49mg (32.43%), Phosphorus: 319.3mg (31.93%), Vitamin B12: 1.91µg (31.77%), Zinc: 4.37mg (29.11%), Vitamin B2: 0.44mg (25.93%), Copper: 0.42mg (20.99%), Manganese: 0.39mg (19.48%), Iron: 3.28mg (18.24%), Vitamin C: 13.73mg (16.65%), Vitamin B5: 1.59mg (15.92%), Calcium: 156.74mg (15.67%), Magnesium: 59.71mg (14.93%), Vitamin B1: 0.22mg (14.66%), Vitamin E: 2.13mg (14.22%), Fiber: 3.5g (13.99%), Folate: 46.88µg (11.72%), Vitamin D: 0.78µg (5.23%)