



Mummy Boome's Traditional Shepherd's Pie

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef stock
- ☐ 1 tablespoon butter
- ☐ 4 tablespoons butter
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 1 cup mature cheddar white grated
- ☐ 2 cloves garlic crushed
- ☐ 0.3 cup heavy cream

- ☐ 2 pounds ground beef lean
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1.5 cups garden peas
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons worcestershire sauce
- ☐ 4 pounds yukon gold potatoes peeled quartered

Equipment

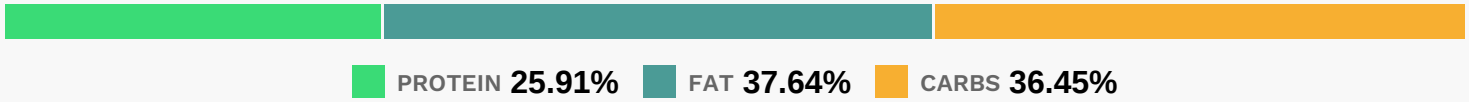
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven at 400 degrees F.
- ☐ Add butter and oil to a large skillet on medium heat.
- ☐ Saute onions, carrots, celery and garlic until tender for about 7 to 10 minutes. Season with salt and pepper. Once the vegetables have softened and start to brown a little add the tomato paste and mix evenly.
- ☐ Add the ground beef and cook until beef is no longer pink about 10 minutes.
- ☐ Add the Worcestershire sauce and beef stock. Season with salt and pepper, to taste. Cook and simmer for another 10 minutes.
- ☐ Mix in peas.
- ☐ Transfer mixture to an oven-proof baking dish and spread evenly.
- ☐ Place potato on top of ground beef mixture and spread out evenly, once the top surface has been covered, rake through with a fork so that there are peaks that will brown nicely.
- ☐ Place the dish into the preheated oven and cook until browned about 20 minutes. Spoon out the shepherd's pie and serve.

- ☐
- Fill a large saucepan with cold water and a tablespoon of salt.
- ☐
- Add potatoes to the water and bring to a boil.
- ☐
- Let potatoes cook until soft about 20 minutes. Once the potatoes are at a desired density, drain the potatoes and place them back into the saucepan for mashing.
- ☐
- Add butter and cream and begin to mash potatoes into a semi smooth consistency. Once at desired texture add cheese and mix well. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:58.49, Glycemic Load:31.18, Inflammation Score:-10, Nutrition Score:31.870434812877%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 534.52kcal (26.73%), Fat: 22.41g (34.48%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 41.34g (15.03%), Sugar: 5.78g (6.42%), Cholesterol: 111.65mg (37.22%), Sodium: 360.46mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin C: 59.05mg (71.58%), Vitamin A: 3309.36IU (66.19%), Vitamin B6: 1.24mg (61.96%), Zinc: 7.44mg (49.6%), Vitamin B3: 9.63mg (48.15%), Phosphorus: 476.16mg (47.62%), Potassium: 1614.81mg (46.14%), Vitamin B12: 2.72µg (45.28%), Selenium: 25.75µg (36.79%), Fiber: 7.48g (29.93%), Iron: 5.35mg (29.73%), Manganese: 0.55mg (27.62%), Magnesium: 97.7mg (24.42%), Vitamin B2: 0.41mg (24.22%), Vitamin B1: 0.34mg (22.37%), Copper: 0.43mg (21.41%), Folate: 73.18µg (18.3%), Vitamin K: 19.09µg (18.19%), Calcium: 171.57mg (17.16%), Vitamin B5: 1.61mg (16.06%), Vitamin E: 1.23mg (8.19%), Vitamin D: 0.32µg (2.11%)