



Reuben-Style Shepherd's Pie

READY IN



115 min.

SERVINGS



6

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baby red yellow
- 10 ounce beef consomme canned
- 1 cup lager beer room temperature
- 2 tablespoons butter
- 3 tablespoons butter
- 1 teaspoon caraway seeds
- 1 carrots chopped
- 2 small stalks celery with leafy tops, finely chopped
- 1 pound corned beef ribs thick-cut chopped

- 2 tablespoons dijon mustard
- 2 tablespoons evoo
- 2 tablespoons flour all-purpose
- 1 large bay leaf fresh
- 3 cloves garlic finely chopped
- 1 pound ground beef sirloin
- 3 dashes hot sauce
- 0.3 cup catsup
- 6 servings kosher salt
- 6 servings kosher salt and pepper freshly ground
- 1 onion chopped
- 6 servings pepper freshly ground
- 1 pound sauerkraut rinsed drained well
- 1 cup sharp cheddar shredded white crumbled
- 1 cup cup heavy whipping cream sour
- 2 tablespoons relish sweet
- 1.5 cups swiss cheese shredded
- 1 small bunch watercress chopped
- 3 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish
- dutch oven

Directions

- Preheat the oven to 400 degrees F. For the potato topper: Boil the potatoes in salted water until just tender.
- Drain and transfer to a large bowl.
- Heat the butter and EVOO in a small skillet over medium heat and toast the caraway seeds.
- Pour the caraway mixture over the potatoes and season with salt and pepper.
- Heat the EVOO in a large Dutch oven over medium-high heat.
- Add the corned beef and cook until browned, and then remove to a plate.
- Add the ground beef and cook until browned.
- Add the garlic, celery, bay leaf, carrots and onions and season with salt and pepper. Cook until the vegetables are soft, about 5 minutes. Return the corned beef to the skillet.
- Heat the butter in a small skillet over medium heat.
- Whisk in the flour and cook, whisking, until light golden.
- Whisk in the beer, Worcestershire, mustard and consomme; season with pepper.
- Pour the gravy over the corned beef mixture and stir to combine.
- Transfer to a casserole dish and top with the sauerkraut, cheeses and potatoes.
- Combine the sour cream, ketchup, relish and hot sauce and season with salt and pepper.
- Drizzle the casserole with the dressing and garnish with watercress just before serving. Cook's Note: The unbaked casserole can be covered and refrigerated for a make-ahead meal. Reheat in the oven before serving.

Nutrition Facts

PROTEIN 20.4% **FAT 61.52%** **CARBS 18.08%**

Properties

Glycemic Index:96.28, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:46.309564953265%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 938.66kcal (46.93%), Fat: 63.9g (98.3%), Saturated Fat: 28.65g (179.05%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 30.04g (10.92%), Sugar: 17.98g (19.98%), Cholesterol: 186.14mg (62.05%), Sodium: 2651.8mg (115.3%), Alcohol: 1.53g (100%), Alcohol %: 0.3% (100%), Protein: 47.68g (95.36%), Vitamin C: 98.82mg (119.78%), Vitamin A: 4147.65IU (82.95%), Vitamin K: 74.4µg (70.86%), Phosphorus: 707.44mg (70.74%), Vitamin B12: 4.12µg (68.66%), Selenium: 47.57µg (67.96%), Zinc: 9.56mg (63.71%), Calcium: 537.31mg (53.73%), Vitamin B3: 10.5mg (52.51%), Vitamin B6: 0.99mg (49.3%), Fiber: 12.21g (48.83%), Manganese: 0.93mg (46.53%), Vitamin B2: 0.78mg (45.7%), Iron: 7.23mg (40.15%), Folate: 155.41µg (38.85%), Vitamin B1: 0.57mg (37.68%), Potassium: 1283.35mg (36.67%), Magnesium: 117.4mg (29.35%), Copper: 0.56mg (28.22%), Vitamin E: 2.41mg (16.08%), Vitamin B5: 1.54mg (15.38%), Vitamin D: 0.19µg (1.26%)