



Shepherd's Pie

READY IN



130 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into thin strips
- 0.3 cup beef broth
- 0.5 cup beef broth
- 0.5 teaspoon pepper black freshly ground
- 4 tablespoons butter softened
- 1 cup to 3 carrots roughly chopped
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley leaves fresh chopped
- 1 teaspoon rosemary leaves fresh finely minced

- 2 garlic cloves minced
- 1 pound ground beef
- 12 ounce beer dark light
- 2 medium onions chopped
- 0.8 cups peas frozen thawed
- 4 large russet potatoes peeled quartered
- 0.5 teaspoon salt
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon sugar
- 0.5 cup swiss grated
- 2 tablespoons tomato paste
- 1 tablespoon vegetable oil
- 10 garlic cloves whole peeled

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- wooden spoon
- slotted spoon

Directions

- Watch how to make this recipe.
- Prepare potato topping: In a large saucepan add the potatoes and garlic and cover with cold water. Bring to a boil over medium heat and cook, uncovered, until the potatoes are fork-

tender, about 15 to 20 minutes.

- Drain.
- Transfer the potatoes and garlic to a large bowl.
- Add the sour cream, 1/4 cup of the broth, butter, salt and pepper, and beat on low speed with a hand mixer until the potatoes are light and fluffy, about 1 to 2 minutes. If the mixture is too dry, add the remaining 1/4 cup broth. Do not overmix. Cover and set aside.
- Preheat the oven to 350 degrees F. Spray a 10-inch round baking dish with nonstick spray.
- Heat a large skillet over medium heat.
- Add the bacon and cook, stirring occasionally until browned and almost crisp, about 7 to 8 minutes. With a slotted spoon, transfer the bacon to a plate; set aside.
- Add the oil to the drippings in the skillet and put over medium heat.
- Add the onions and 1/2 teaspoon of salt, and cook, stirring occasionally, until the onions are very soft and just beginning to brown, about 10 minutes.
- Sprinkle in the sugar, and cook, stirring occasionally, until the onions begin to caramelize, about 3 minutes. Stir in the beef and cook, stirring occasionally, over medium-high heat, until the beef begins to brown, about 7 minutes.
- Add the carrots, peas, and garlic and cook, stirring, until the vegetables begin to soften, about 5 minutes. Stir in the tomato paste and flour and cook, stirring, until well blended, about 2 minutes.
- Add the beer, bring to a boil and boil for 3 minutes. Cook, stirring with a wooden spoon, and scraping up the browned bits from the bottom of the pan, about 2 minutes
- Add the cooked bacon, the broth, rosemary, 1/2 teaspoon of salt, and the pepper, and bring to a boil. Reduce the heat and simmer, uncovered, until the sauce thickens, about 15 minutes.
- Spoon the meat mixture into the prepared baking dish.
- Spread the potato topping evenly over the beef mixture.
- Bake until the filling is hot, the topping is lightly browned and the edges are bubbly, about 35 minutes.
- Remove from the oven and sprinkle with the cheese. Return to the oven and bake for 10 more minutes.
- Let rest out of the oven for 10 minutes before serving.
- Sprinkle with parsley and serve.

Nutrition Facts

PROTEIN 14.97% FAT 49.85% CARBS 35.18%

Properties

Glycemic Index:79.31, Glycemic Load:30.06, Inflammation Score:-10, Nutrition Score:22.493478223034%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 522.58kcal (26.13%), Fat: 28.65g (44.08%), Saturated Fat: 12.59g (78.69%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 41.07g (14.93%), Sugar: 5.4g (6%), Cholesterol: 78.11mg (26.04%), Sodium: 637.57mg (27.72%), Alcohol: 1.66g (100%), Alcohol %: 0.5% (100%), Protein: 19.37g (38.73%), Vitamin A: 3265.36IU (65.31%), Vitamin B6: 1.03mg (51.3%), Potassium: 1184.43mg (33.84%), Phosphorus: 300.99mg (30.1%), Vitamin K: 31.08µg (29.6%), Vitamin B3: 5.86mg (29.3%), Vitamin C: 22.68mg (27.48%), Manganese: 0.53mg (26.54%), Zinc: 3.7mg (24.69%), Vitamin B12: 1.41µg (23.49%), Selenium: 16.04µg (22.92%), Vitamin B1: 0.29mg (19.53%), Iron: 3.42mg (19.02%), Magnesium: 72.78mg (18.19%), Fiber: 4.44g (17.76%), Vitamin B2: 0.28mg (16.38%), Copper: 0.31mg (15.55%), Folate: 56.34µg (14.09%), Calcium: 130.81mg (13.08%), Vitamin B5: 1.14mg (11.42%), Vitamin E: 1.02mg (6.81%)