

food
network

Shepherd's Pie

READY IN



105 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 pounds beef chuck steaks boneless cubed
- ☐ 0.5 stick butter room temperature
- ☐ 2 cups beef broth low sodium canned
- ☐ 8 ounce canned tomatoes chopped canned
- ☐ 2 cups carrots diced frozen thawed
- ☐ 2 celery with string
- ☐ 2 tablespoons flour
- ☐ 2 garlic cloves chopped

- ☐ 1 cup milk
- ☐ 1 cup onion chopped
- ☐ 3 tablespoons parsley chopped
- ☐ 1 cup pearl onions
- ☐ 2 cups peas sweet frozen thawed
- ☐ 1 tablespoon salt
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 3 pounds yukon gold potatoes peeled quartered

Equipment

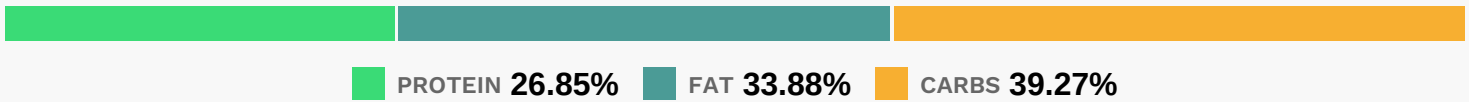
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ casserole dish
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Place the cut potatoes in a large stockpot, cover with cold water and add salt. Bring to a boil, then simmer until the potatoes are fork tender, about 20 to 30 minutes.
- ☐ Drain well in a colander. While the potatoes are still warm, press them through a potato ricer or food mill and into a mixing bowl. Whip in the warm milk and softened butter until incorporated and the potatoes are fluffy. Cover and keep warm.
- ☐ For the filling: In a 2-quart saucepan over medium heat, add the oil then braise the beef with the garlic, onion, and bay leaves. Season with salt and pepper. When the meat is browned and the onion is tender, dust with flour. Cook for 3 to 4 minutes, stirring often.
- ☐ Pour in the beef broth and cook for 2 minutes until the mixture begins to thicken.

- ☐
- Add the canned tomatoes and the whole vegetables tied together. Simmer for 5 minutes to infuse the flavors, then remove the vegetable bundle.
- ☐
- Add the peas, carrots, pearl onions, and parsley. Taste and adjust seasoning as needed.
- ☐
- Transfer the meat mixture to a 9 by 13-inch casserole dish.
- ☐
- Spread the mashed potatoes evenly on top of the casserole. Dot with butter if desired.
- ☐
- Bake in a preheated 350 degree F oven until the potatoes are golden, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:65.49, Glycemic Load:27.48, Inflammation Score:-10, Nutrition Score:36.806956778402%

Flavonoids

Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 481.92kcal (24.1%), Fat: 18.49g (28.45%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 39.87g (14.5%), Sugar: 9.88g (10.98%), Cholesterol: 93.69mg (31.23%), Sodium: 1507.94mg (65.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.95%), Vitamin A: 6094.16IU (121.88%), Zinc: 10.9mg (72.69%), Vitamin C: 58.72mg (71.18%), Vitamin B12: 3.73µg (62.23%), Vitamin B6: 1.15mg (57.29%), Vitamin K: 51.11µg (48.67%), Vitamin B3: 9.39mg (46.93%), Potassium: 1602.63mg (45.79%), Phosphorus: 445.45mg (44.55%), Selenium: 29.44µg (42.05%), Fiber: 8.37g (33.47%), Manganese: 0.63mg (31.59%), Iron: 5.34mg (29.66%), Vitamin B1: 0.42mg (27.69%), Magnesium: 98.01mg (24.5%), Vitamin B2: 0.41mg (24.28%), Copper: 0.43mg (21.45%), Folate: 84.15µg (21.04%), Vitamin B5: 1.76mg (17.62%), Calcium: 129.47mg (12.95%), Vitamin E: 1.19mg (7.94%), Vitamin D: 0.45µg (2.99%)