

COTTAGE PIE



Serves 8 Preparation time 20 minutes Cook time 1 hour

Ingredients

2 pounds ground beef	1 tablespoon Worcestershire sauce
1/2 medium onion	3 tablespoons tomato paste
2 tablespoons garlic, minced	2 tablespoons ketchup
1/2 tablespoon onion powder	4 large potatoes
1/2 tablespoon garlic powder	2 tablespoons butter
2 tablespoons flour	1/4 cup milk
2 cups beef broth	
16 ounces mixed vegetables, canned or frozen	

Directions

Boil 4 large potatoes in salted water.

After potatoes are boiled, peel the skin, add in salt, pepper, milk, butter and sour cream. Mash and mix the potatoes to your preferred consistency (for a creamer consistency you could push the potatoes through a strainer or leave them a little lumpy).

Preheat the oven to 375°F degrees.

Brown the ground beef in a large skillet over medium heat, drain fat, then add the ground beef back into the skillet.

Continue to cook over medium heat.

Next add in the onion, minced garlic, onion powder, garlic powder, black pepper and salt. Stir to combine.

Add in the vegetables and flour, stirring constantly for about 2 minutes.

Mix in the beef broth, Worcestershire sauce, tomato paste and ketchup. Bring it to a boil, reduce heat to low and let simmer for 15 – 20 minutes or until the mixture thickens to a gravy-like state.

Once the mixture thickens to your liking, pour evenly into a 9x13-inch greased dish.

Next, evenly spread the mashed potatoes over the beef mixture to form a crust.

With a fork, score shallow lines across the entire surface of the mashed potatoes (this gives the mashed potatoes ridges to crisp when baking).

Bake for about 20 to 25 minutes or until the mashed potatoes are golden brown.

Let cool for about 10 minutes before serving. Enjoy!!!

Nutrition Facts

16 servings per container	
Serving size	1 serving (221g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	