



EASY SHEPHERD'S PIE

March 6

National Frozen Food Day



INGREDIENTS

- 30 Ounce Bag Frozen Shredded Hash Brown Potatoes (not diced)
- 4 Tablespoons Melted Butter
- 2 Pounds Ground Beef (20% fat or leaner)
- 1 Onion (chopped fine)
- ½ Teaspoon Dried Thyme
- ¼ Cup All-Purpose Flour
- 2 Cups Beef Broth
- 2 Tablespoons Tomato Paste
- 2 Teaspoons Worcestershire Sauce
- 2 Cups Frozen Peas and Carrots

DIRECTIONS

1. Adjust oven rack to upper-middle position and heat broiler. Toss 30 ounces potatoes with 2 tablespoons butter in a large bowl.
2. Wrap tightly with plastic and microwave until potatoes are tender, about 7 minutes.
3. While potatoes are cooking, cook ground beef and chopped onion in large heatproof skillet over medium-high heat until beef is no longer pink, about 5 minutes. Drain beef mixture in colander.
4. Return drained beef mixture to pan. Stir in thyme and flour and cook until incorporated, about 1 minute.
5. Stir in broth, tomato paste, and Worcestershire. Cook until sauce is thickened, about 5 minutes.
6. Stir in pea and carrot medley and simmer until heated through, about 1 minute.
7. Scatter cooked potatoes over beef mixture and brush with remaining butter. Broil until potatoes are golden brown, 3 to 5 minutes. Serve.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

14 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
2/3 Cup	1 Cup	2 Cups	2 Cups