



INGREDIENTS

For the Meat Filling

- 2 Tablespoons Olive Oil
- 1 Cup Onion (finely diced)
- 2 Teaspoons Garlic (minced)
- 1 Pound Ground Lamb or Beef (no more than 20% fat)
- 1 Cup Carrots (diced)
- 1 Cup Frozen Peas
- 1 Cup Frozen Corn
- 2 Tablespoons Tomato Paste
- 1 Cup Beef or Chicken Broth
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dried Thyme
- Salt and Pepper (to taste)

For the Mashed Potato Topping

- 2 Pounds Potatoes (peeled and cubed)
- 4 Tablespoons Unsalted Butter
- $\frac{1}{3}$ Cup Whole Milk
- Salt (to taste)
- $\frac{1}{2}$ Cup Shredded Cheddar Cheese (optional, for topping)

DIRECTIONS

1. Place the cubed potatoes in a medium saucepan and cover with water. Add a pinch of salt.
2. Bring to a boil, reduce heat, and simmer until the potatoes are fork-tender (about 15 minutes).
3. Drain and mash the potatoes with butter and milk until smooth. Add salt to taste. Set aside.
4. Preheat your oven to 400°F.
5. Heat olive oil in a large skillet over medium heat. Add the diced onion and garlic, sautéing until fragrant and translucent.
6. Add the ground meat, breaking it up with a spoon, and cook until browned. Drain excess fat if needed.
7. Stir in the diced carrots, peas, and corn, cooking for 3–4 minutes.
8. Add tomato paste, Worcestershire sauce, thyme, and broth. Stir well and let simmer until the liquid reduces slightly, creating a thick, flavorful filling. Season with salt and pepper to taste.
9. Transfer the mixture to a 9"x13" baking dish, spreading it out evenly.
10. Spoon the mashed potatoes over the meat layer, smoothing them with a spatula.
11. Sprinkle shredded cheddar cheese over the mashed potatoes for a cheesy crust (optional).
12. Place the baking dish in the preheated oven and bake for 20–25 minutes, or until the mashed potato topping is golden and slightly crispy.
13. Remove from the oven and let cool for 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Vegetable

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

11 Cups

PORTION SIZES

Toddler: 1 Cup

Preschool: 1½ Cups

School Age: 2 Cups

Adult: 2 Cups