

Shepherd's Pie

with Green Beans & Mushrooms

In the late 18th Century, potatoes (native to the Americas) finally won favor in the U.K. One of the most delicious results was shepherd's pie—now a classic comfort food. So named for its use of lamb, it consists of a hearty filling baked under a crust of mashed potatoes. We're making our filling with lamb, beef, green beans and mushrooms, all simmered in a flavorful sauce. And our crust features perfectly-textured Yukon Golds. If you'd like, use a fork to create a crisscrossing pattern in the surface of your pie before it goes into the oven!



Ingredients

1 ½ Pounds Ground Lamb & Beef Blend
6 Ounces Green Beans
6 Ounces Cremini Mushrooms
2 Scallions
1 ½ Pounds Yukon Gold Potatoes

Knick Knacks

4 Tablespoons Butter
2 Tablespoons Tomato Paste
1 Tablespoon Vegetarian Worcestershire Sauce
½ Cup Low-Fat Sour Cream
¼ Cup Grated Parmesan Cheese
1 Tablespoon Shepherd's Pie Spice Blend
(Mustard Powder, Dried Thyme & Garlic Powder)

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and large dice the potatoes. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut the mushrooms into bite-sized pieces. Cut off and discard the stem ends of the green beans; cut the green beans into ¼-inch pieces.

2



Cook & mash the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, stir in the **sour cream**, **¾ of the butter** and **half the green tops of the scallions**; season with salt and pepper. Using a fork, mash to your desired consistency.

3



Cook the lamb & beef:

While the potatoes cook, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground lamb and beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through. Carefully drain off and discard the drippings. Transfer the cooked lamb and beef to a bowl, leaving any browned bits (or fond) in the pan.

4



Cook the mushrooms:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium until hot. Add the **mushrooms**. Cook, stirring occasionally, 4 to 6 minutes, or until browned. Season with salt and pepper.

5



Make the filling:

Add the **green beans**, **white bottoms of the scallions**, **tomato paste** and **spice blend** to the pan of mushrooms; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until fragrant and the beans are bright green. Add the **cooked lamb and beef**, **Worcestershire sauce**, **remaining butter** and **¾ cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thickened. Remove from heat and season with salt and pepper to taste.

6



Finish the pie & serve your dish:

Transfer the **filling** to a baking dish. Using a spatula or fork, evenly spread the **mashed potatoes** over the filling. Sprinkle with the **cheese**; season with salt and pepper. Bake 12 to 15 minutes, or until the edges of the potatoes are lightly browned. Remove from the oven and let stand for at least 2 minutes before serving. Garnish with the **remaining green tops of the scallions**. Enjoy!