

**** This recipe is our regular quarterly dinner offering at Loaves & Fishes Hospitality Kitchen in New Milford, CT. Check our calendar for our next service date. It is always the 5th Thursday – when there are 5 Thurs in a month.**

Beef Shepherds Pie, simple:

4 lbs of ground beef
4 cloves of garlic (optional)
3 or 4 large onions
2lbs carrots, sliced or chopped
½ lb of frozen peas
4 lbs of potatoes (russets work well)
¾ lb Butter or margarine, smart balance, etc
milk
Beef broth
Salt and pepper to taste

This should make a 9 x 12 aluminum foil pan (lasagna size).

Brown onions and meat, probably in batches. Put in large pot with chopped carrots and four tablespoons of flour and cook over low heat, adding enough stock to keep the mixture from sticking or drying out and seasoning with salt, pepper and whatever else appeals, for perhaps an hour till everything is cooked and the flavors melded (adding frozen peas towards the end).

Check for seasoning and then spread this mixture, which should be juicy but not swimming in liquid, in the bottom of the foil pan.

Peel, cut up and boil the potatoes, mash and season with salt and pepper, adding butter or margarine, and milk to produce a spreadable mix. The potatoes should be moist enough so that they can stand time in the oven. Cover the meat with the potatoes, finishing the top decoratively with the back of a fork. Spray with Pam if desired.

Cook in a preheated oven at 375 degrees until the top is lightly browned, perhaps 45 minutes.