

# Shepherds Pie

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 cups roast beef, chopped  
gravy  
2 cups mashed potatoes  
salt  
pepper  
1 egg, beaten*

Preheat the oven to 350 degrees.

In a bowl, combine the beef, gravy, salt and pepper.

Place in a greased casserole dish.

Cover with mashed potatoes.

Brush with a beaten egg.

Bake for 30 minutes or until the potatoes are slightly browned.

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Per Serving (excluding unknown items): 406 Calories; 14g Fat (31.3% calories from fat); 15g Protein; 55g Carbohydrate; 8g Dietary Fiber; 220mg Cholesterol; 1053mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 2 Fat.