

Slow Cooker Shepherd's Pie

Williams Sonoma

Servings: 12

5 tablespoons olive oil
5 pounds boneless beef chuck, cut into one-inch cubes
1 pound button mushrooms
1 yellow onion, diced
3 cloves garlic, minced
5 tablespoons all-purpose flour
1/2 cup Guinness or other stout beer
1 cup beef broth
1/4 cup mushroom demi-glace
1 bouquet garni
salt (to taste)
freshly ground pepper (to taste)
1 bag (14 ounce) frozen pearl onions, thawed
1 1/4 pounds carrots, peeled and cut into one-inch pieces
1 cup fresh or thawed frozen peas
6 cups mashed potatoes
1/2 cup Cheddar cheese, grated

In the stovetop-safe insert of a slow cooker, warm two tablespoons of olive oil over medium-high heat. Working in batches, sear the beef until browned on all sides, 4 to 6 minutes per batch. Transfer to a platter.

Warm two tablespoons of the olive oil in the insert. Add the mushrooms and cook, stirring occasionally, until browned and tender. Transfer to the platter.

Warm the remaining one tablespoon of olive oil in the insert. Add the yellow onion and cook, stirring occasionally, until softened, 6 to 8 minutes. Add the garlic and flour. Cook, stirring frequently, until fragrant, about 1 minute. Slowly whisk in the beer, broth and demi-glace. Bring to a simmer. Add the bouquet garni, salt, pepper, beef, mushrooms and pearl onions.

Place the insert into the slow cooker base. Cover and cook on HIGH for two hours.

Add the carrots. Cover and cook for two additional hours.

Stir in the peas.

Preheat a broiler. Spread the mashed potatoes over the beef mixture, forming a one-inch layer. Sprinkle with the cheese. Transfer the insert to the broiler. Broil until the cheese is melted and starting to brown, 10 to 12 minutes.

Let rest for 10 minutes before serving.

Per Serving (excluding unknown items): 204 Calories; 10g Fat (41.7% calories from fat); 6g Protein; 25g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 400mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.