

# St. Paddys Irish Beef Dinner

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Taste of Home Recipe Book 2015

## Servings: 4

2 medium Yukon Gold potatoes  
2 small parsnips  
3/4 pound lean (90%) ground beef  
1 medium onion, chopped  
2 cups finely shredded cabbage  
2 medium carrots, halved and sliced  
1 teaspoon dried thyme  
1 teaspoon Worcestershire sauce  
1 tablespoon all-purpose flour  
1/4 cup tomato paste  
1 can (14-1/2 ounce) reduced-sodium chicken OR beef broth  
1/2 cup frozen peas  
3/4 teaspoon salt, divided  
1/2 teaspoon pepper, divided  
1/4 cup 2% milk  
1 tablespoon butter

## Preparation Time: 25 minutes

### Cook Time: 35 minutes

Peel the potatoes and parsnips. Cut into large pieces. Place in a large saucepan and cover with water. Bring to a boil. Reduce the heat. Cover. Cook for 10 to 15 minutes or until tender. Drain.

Meanwhile, in a large skillet, cook the beef and onion over medium heat until the meat is no longer pink. Drain. Stir in the cabbage, carrots, thyme and Worcestershire sauce.

In a small bowl, combine the flour, tomato paste and broth until smooth. Gradually stir into the meat mixture. Bring to a boil. Reduce the heat. Cover and simmer for 15 to 20 minutes or until the vegetables are tender. Stir in the peas, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Drain the potatoes and parsnips. Mash with the milk, butter and the remaining salt and pepper. Serve with the meat mixture.

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Per Serving (excluding unknown items): 216 Calories; 4g Fat (15.2% calories from fat); 5g Protein; 42g Carbohydrate; 9g Dietary Fiber; 9mg Cholesterol; 626mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

