

# Moms Shepherds Pie

*sally Ellston*

*The Church of St. Michael and St. George - St. Louis, MO - 1980*

*2 onions, chopped  
oil  
1 pound ground beef  
1 tablespoon flour  
2/3 cup water  
1 teaspoon Worcestershire  
sauce  
1 teaspoon barbecue sauce  
1/4 cup catsup  
1/2 teaspoon salt  
4 medium baking potatoes,  
cooked & mashed  
butter*

Bake the potatoes until done. Remove the flesh and mash.

Preheat the oven to 350 degrees.

In a skillet, brown the onions in oil. Add the ground beef and brown.

Add the flour, water, Worcestershire sauce, barbecue sauce, catsup and salt. Cook until thick.

Turn the mixture into a two-quart casserole dish. Top with the mashed potatoes. Dot with butter.

Place in oven and brown.

Serve.

---

Per Serving (excluding unknown items): 2171 Calories; 122g Fat (50.4% calories from fat); 95g Protein; 175g Carbohydrate; 17g Dietary Fiber; 386mg Cholesterol; 2233mg Sodium. Exchanges: 9 Grain(Starch); 11 Lean Meat; 3 1/2 Vegetable; 18 Fat; 1 Other Carbohydrates.