

Side Dish

Horseradish-Mashed-Potato Shepherd's Pie

Rachael Ray

30 Minute Meals

Servings: 4

5 baking potatoes, peeled and cut into 1-inch chunks

salt

pepper

1/2 cup milk

1 egg lightly beaten

2 tablespoons prepared horseradish

2 tablespoons extra-virgin olive oil

3 parsnips, peeled and chopped

2 carrots, peeled and chopped

1 large onion, chopped

1 bay leaf

2 pounds ground sirloin

3 tablespoons flour

1 1/2 cups beef stock

1 tablespoon Worcestershire sauce

3 tablespoons fresh chives, chopped

Place the potatoes in a large pot of cold water and bring to a boil. Salt the water.

Lower the heat and simmer until fork-tender, about 15 minutes.

Drain, then mash with the milk until smooth. Stir in the egg and horseradish and season with salt and pepper.

In a large, deep skillet, heat the olive oil, swirl two turns of the pan, over medium heat.

Add the parsnips, carrots, onion and bay leaf. Season with salt and pepper. Cook, stirring, until crisp-tender, about 8 to 10 minutes.

Crumble the beef into the pan and cook, stirring often, for 5 minutes.

Sprinkle the flour on top and cook, stirring, for 1 minute.

Stir in the beef stock and cook until thickened, about 1 to 2 minutes.

Season with the Worcestershire sauce and plenty of salt and pepper. Discard the bay leaf.

Preheat the oven to 450 degrees.

Grease a shallow, medium casserole dish.

Add the meat mixture and top with the horseradish potatoes.

Bake until golden, about 5 to 10 minutes.

Sprinkle the chives on top.

Per Serving (excluding unknown items): 982 Calories; 48g Fat (43.7% calories from fat); 52g Protein; 86g Carbohydrate; 14g Dietary Fiber; 161mg Cholesterol; 1066mg Sodium. Exchanges: 5 Grain(Starch); 6 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.