

Smashed Potato Shepherds Pie (Cottage Pie)

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Servings: 4

SMASHED POTATOES

1 1/2 pounds Blushing Bells
little potatoes
salt (to taste)
pepper (to taste)
cayenne pepper (to taste)

1 1/2 cups cheddar cheese,
grated

FILLING

1 to 1-1/2 pounds ground
beef

1 large onion, diced

1 stalk celery, diced

4 cloves garlic, minced

8 ounces mushrooms,
sliced

1 red pepper, diced

1/2 cup frozen peas

1/2 cup frozen corn

1/2 teaspoon dried thyme

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

salt (to taste)

pepper (to taste)

1 cup beer or beef broth

1 tablespoon

Worcestershire sauce

1 tablespoon tomato paste

2 tablespoons flour (or
gluten-free flour)

Preparation Time: 20 minutes

Cook Time: 50 minutes

Make the smashed potatoes: Add the potatoes to a large pot of salted water. Bring to a boil. Cook for 7 to 10 minutes or until just fork tender. Drain. Rinse with cold water to stop them from cooking.

Using a spatula, place the flat end over one potato at a time and press down with your hand to "smash" them.

Make the filling: In a large frying pan over medium-high heat, add the ground beef. Cook for 2 minutes. Stir in the onion, celery, carrot, garlic, mushrooms and red pepper. Cook until all of the meat has browned, about 8 to 10 minutes. Drain the excess grease.

Season with salt, pepper, thyme, basil and oregano. Stir in the flour, Worcestershire sauce and tomato paste. Cook for 3 to 5 minutes, stirring frequently. Pour in the beer and scrape any bits from the bottom of the pan. Simmer for a few minutes. Add the corn and peas.

Assemble the pie: Preheat the oven to 425 degrees.

Pour the filling into a large 9x13-inch casserole dish. Top with the smashed potatoes. Sprinkle with salt, pepper and cayenne (paprika for a non-spicy version).

Bake, uncovered, for 10 minutes. Sprinkle the cheese on the top.

Continue baking for another 10 to 20 minutes or when the potatoes are nicely browned.

Allow to cool slightly and serve.

Per Serving (excluding unknown items): 425 Calories; 30g Fat (62.0% calories from fat); 24g Protein; 17g Carbohydrate; 4g Dietary Fiber; 93mg Cholesterol; 405mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.