
Speedy Shepherd`s Pie

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

1 pound ground Beef
3/4 cup chopped onion
1 1/2 teaspoons olive oil
2 tablespoons all-purpose flour
2 teaspoons beef bouillon granules
1 teaspoon Worcestershire sauce
1/4 teaspoon table salt
1/4 teaspoon black pepper
2 cups frozen mixed vegetables, thawed and patted dry
4 cups unbaked Walnut Mashed Potatoes (see recipe below)
1/4 cup freshly grated Parmesan cheese
paprika

WALNUT MASHED POTATOES

6 pounds baking potatoes, peeled and cut into one-inch pieces
3/4 cup butter, cut into pieces
1 1/2 cups half-and-half
2 teaspoons table salt
1/2 teaspoon black pepper
4 scallions, chopped
1 1/2 tablespoons olive oil
1 1/4 cups chopped walnuts, toasted

Make the Walnut Mashed Potatoes: Cook the potatoes in boiling water to cover until tender, about 30 minutes. Drain. Return the potatoes to the pan. Add the butter and mash with a potato masher until light and fluffy. Add the half-and-half, salt and black pepper. Mash to the desired consistency. Cook the scallions in hot oil in a medium skillet over medium heat, stirring frequently, until crisp-tender, 5 minutes. Add the scallions and walnuts to the mashed potatoes. Stir until blended.

In a large skillet, cook the ground beef, stirring until it crumbles and is no longer pink. Drain well. Set aside. Wipe the skillet clean.

In the skillet over medium-high heat, cook the onion in hot oil, stirring frequently, until tender. Add the flour, stirring well. Stir in 1-1/2 cups of water. Cook, stirring constantly, over medium-low heat until thickened. Add the bouillon, Worcestershire sauce, salt and pepper, stirring well. Add the beef and the thawed vegetables. Stir well.

Spoon the beef mixture into a lightly greased two-quart casserole dish. Spread Walnut Mashed Potatoes over the beef mixture. Sprinkle with Parmesan cheese. Lightly sprinkle with paprika.

Bake, uncovered, until bubbly, about 30 minutes.

Appetizers, Ground Beef

Per Serving (excluding unknown items): 1585 Calories; 95g Fat (52.4% calories from fat); 47g Protein; 147g Carbohydrate; 18g Dietary Fiber; 190mg Cholesterol; 2006mg Sodium. Exchanges: 8 1/2 Grain(Starch); 4 Lean Meat; 3 Vegetable; 16 1/2 Fat; 0 Other Carbohydrates.