*Family Favorite Shepherd’s Pie*

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*This is a great dinner for picky eaters. Leftovers can be taken the next day for lunch.*

Ingredients:

* 500g (1lb) lean ground beef, pork, or lamb or a combination of these
* 2 medium onions, chopped
* 2 cloves garlic, minced
* 1 carrot, minced
* 75ml (1/3 cup) tomato paste
* 150ml (2/3 cup) water
* 5ml (1 tsp.) dried thyme
* 15ml (1Tbsp.) Worcestershire sauce
* 1ml (1/4 tsp.) or less salt and freshly ground pepper
* 500ml (2 cups) mashed potatoes/ 5 medium potatoes
* ¼ cup milk
* Paprika

Directions:

1. Heat oven to 190C (375F).
2. Add 5 medium diced potatoes to pot. Cover with water. Turn burner to medium-high heat. Boil potatoes until soft. Drain water and mash with ¼ cup of milk. Set aside.
3. Turn burner on to medium heat. Cook beef in pan until brown. Break beef into small pieces in the pan when cooking. Drain fat off the beef once cooked.
4. Add onions, garlic, and carrot to pan with beef; cook until tender.
5. Add tomato paste, water, thyme, Worcestershire sauce, and salt and pepper.
6. Cook for 5 minutes. Stir while cooking to avoid burning the food.
7. Turn off burner. Put meat mixture into 2L (8-cup) baking or microwave safe dish.
8. Spread a thick layer of mashed potatoes on top. Sprinkle with paprika (optional).
9. Bake in oven at 190C (375F) for 35 minutes or until heated through. **OR** Microwave on High for 9 minutes.