

Healthy Start Shepherd's Pie

Preheat oven to 350° F.

1. In a large pot of water, add:

potatoes, peeled and cubed	6
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Bring to a boil and cook for 20 minutes or until potatoes are soft. Drain.

2. Mix in:

milk	$\frac{1}{2}$ cup
margarine	1 tsp

Mash potatoes until soft. Set aside.

3. In a large pan, add:

oil	1 tablespoon
onion (chopped)	1 medium
garlic (chopped)	2 cloves
beef, ground	$\frac{3}{4}$ pounds (340 grams)

Cook ground beef until no longer pink. Drain fat and place mixture back into pan.

4. Add the following to beef mixture and cook for 5 minutes:

tomatoes	1 can (398 mL)
mixed vegetables (frozen)	2 cups
thyme	1 teaspoon
cumin	1 teaspoon
black pepper	1 teaspoon
Worcestershire sauce	2 teaspoons

5. Place beef and vegetable mixture into casserole dish. Spread mashed potatoes over the entire mixture.

6. Place casserole in oven at 350° F for about 25 minutes.

Serves 4 to 6