



# Shepherd's Pie with Hidden Veggies

## Ingredients:

1 lb ground beef  
1 cup beef stock  
1/2 yellow onion  
1/2 green bell pepper  
1 zucchini  
1 clove garlic  
2 stalks celery  
2 lbs russet potatoes  
1 cup cream or milk  
1/2 stick butter  
1/2 cup each frozen peas and corn  
salt and pepper

## Directions:

Preheat oven to 375 degrees.

**The first step to make this recipe is to make mashed potatoes.** Because I am lazy (seems to be a common theme today), I am just going to copy and paste some pictures and instructions from a post at the beginning of the month of meatloaf cupcakes with mashed potato frosting.

Add to a large pot of salted water, and bring to a boil. This is the trick to making perfect mashed potatoes. The smaller you dice your potatoes, the quicker they will cook.

Boil potatoes over high heat until fork tender and drain being sure to **save 1/4 cup of the starchy potato water to make your gravy for the shepherd's pie.** Return potatoes to pot with cream and butter.

Using a whisk or a electric beater, mix potatoes until smooth and there are no lumps. Alternatively, if you have a ricer or a tomato mill, process cooked potatoes through until smooth and add softened butter and cream and mix with a silicone spatula until smooth.

Meanwhile, after you've finished making mashed potatoes, or while they are cooking, start preparing the meat filling for the shepherd's pie.

I pureed my vegetables for this recipe in a food processor, so that I could easily sneak them into the dish. I LOVE sneaking vegetables into my kids food. They have no idea that all these veggies are in their favorite foods, and I feel good knowing that they are getting all this added nutrition in their diets. Feel free to change it up, and add your favorite veggies to the recipe. Carrots, sweet potatoes and tomatoes are also very good additions.

Roughly chop onion, celery and zucchini. Place in the bowl of your food processor with spinach and process until smooth.

Heat a large over medium high heat and add ground beef. Cook 2–3 minutes, stirring constantly, being sure to break up any large chunks of meat.

Add pureed veggies to meat, and cook 10–15 minutes, until the ground beef is no longer pink, and the veggies have softened, and almost melted into the meat.

Add beef broth and reserved potato starch to meat and veggies, and stir to mix it all in, being sure to scrape up any browned bits of meat and veggies off the bottom of the pan.

Reduce heat to medium, and let simmer for 5–10 more minutes until thickened. It will be like the consistency of gravy.

Add meat and veggie mixture to the bottom of a pie plate, or a 9x9 casserole dish, and smooth out across the bottom in an even layer.

Top with frozen peas and corn.

Scoop a big pile of mashed potatoes over the top of meat and veggies, and gently smooth out over the top, making sure you have an even layer of potatoes.

Bake in preheated oven for 30–35 minutes, or until the potatoes are slightly browned, and the meat is bubbly.

Let cool 5 minutes, and serve hot.