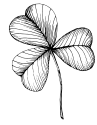


# Shepherd's Pie

*Submitted by Catherine Murphy, Precious Blood Catholic Church*



## INGREDIENTS:

- 1 1/4 lbs. red potatoes, cut into chunks (or 3 russets)
- 3 garlic cloves, peeled
- 3/4 cup sour cream
- 1/2 cup cheddar cheese, divided
- 1 lb. lamb cubes (or ground beef)
- 2 tablespoons flour
- 2 cups frozen peas, 2 cups fresh chopped carrots
- 3/4 cup beef stock (or part potato water)
- 2 tablespoons ketchup

## DIRECTIONS

In a large saucepan, cover potatoes and garlic with water. Bring to a boil on high heat. Reduce heat to low; simmer 20 minutes or until potatoes are very tender. Drain; return to saucepan with sour cream. Mash to desired consistency. Stir in optional 1/4 cup cheddar cheese, if used.

Preheat oven to 375 degrees.

Partially cook carrots in broth. Brown meat in oil in large skillet.

Stir in flour; cook 1 minute. Add carrots, broth, and ketchup. .

Spoon meat mixture into 8-inch square baking dish, add peas.

Cover with mashed potatoes.

Bake 18 minutes; sprinkle with optional remaining cheese.

Bake an additional 2 minutes or until heated through and cheese is melted.

Makes 5 servings