

# Shepherd's Pie VI

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This Shepherd's Pie is a layered casserole of beef, carrots, and potato.

By Jacquie

**Prep:** 30 mins

**Cook:** 20 mins

**Total:** 50 mins

**Servings:** 6

**Yield:** 1 (2 quart) casserole



## Ingredients

4 large potatoes, peeled and cubed  
1 tablespoon butter  
1 tablespoon finely chopped onion  
¼ cup shredded Cheddar cheese  
salt and pepper to taste  
5 carrots, chopped  
1 tablespoon vegetable oil  
1 onion, chopped  
1 pound lean ground beef  
2 tablespoons all-purpose flour  
1 tablespoon ketchup  
¾ cup beef broth  
¼ cup shredded Cheddar cheese

## Directions

### Step 1

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.

### Step 2

Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees F (190 degrees C.)

### Step 3

Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.

### Step 4

Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of mashed carrots. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.

### Step 5

Bake in the preheated oven for 20 minutes, or until golden brown.

## Cook's Note:

For something a little different, add cooked barley to the meat mixture.

## Nutrition Facts

**Per Serving:** 452 calories; protein 23.1g; carbohydrates 52.5g; fat 17g; cholesterol 64.5mg; sodium 294.6mg.

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