

## Easy Cook Shepherd's Pie Recipe

You will need:

- 1 box/bag of instant mashed potatoes
- 2 tablespoons cooking oil
- 1 onion, chopped
- 1 cup corn
- 1 cup peas
- 2 carrots, chopped
- 1 pound ground meat
- 1 tablespoon flour
- ¾ cup meat of veggie stock (prepare at home by simmering leftover vegetables, their skins and stalks, or meat bones in water for a few hours)
- Salt, pepper, thyme, rosemary (optional/to taste)
- Stove-top skillet
- Baking dish, pie plate, or oven safe skillet

*Optional substitution: Swap out mashed potatoes in this recipe with a baked squash/gourd, mashed with butter and salt.*

Directions:

1. Prepare mashed potatoes according to the directions on the package. Set aside.
2. Preheat the oven to 400 degrees Fahrenheit. Heat the vegetable oil in a skillet over medium heat. Once the oil is heated, add the onion and carrot and stir until softened, about 15 minutes.
3. Add the ground meat, breaking it up into small pieces and cooking until browned, about 10 minutes. Sprinkle with flour and stir for another 2 minutes. Add the stock and any seasonings. Reduce your heat to low and simmer, stirring occasionally until thickened, about 5 minutes.
4. Pour the contents of the skillet into a pie plate, baking dish, or oven safe skillet. Spread the mashed potatoes on top in an even layer. You can now refrigerate or freeze this dish for later before baking. If unfrozen, bake in the oven until browned and heated all the way through, about 30 minutes. If frozen, bake with foil on top in the oven at 350 degrees Fahrenheit for 1 hour, then uncovered for 10 minutes at 375 degrees Fahrenheit.

*Before preheating the oven, it may be a good idea to put a cookie sheet on the bottom rack of your oven to catch any overflow.*

*\*This recipe was originally found at [seriouseats.com](http://seriouseats.com) and has been adapted by Michael Harris, Jasmine Hambaro, and Matthew Biagi in conjunction with the UMass Nursing Program*