

Dish of the Game



Shepherd's Pie

- 1 ¼ pounds sweet potato, cut 1 inch
- ½ cup milk (fat free)
- 1 tablespoon margarine
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound ground sirloin
- ½ cup onion, chopped
- 1 cup peas and carrots
- ½ teaspoon dried thyme
- ½ cup beef broth
- ¼ cup red wine
- ¼ cup tomato paste

Directions:

Heat the oven to 350 degrees. Coat the oven-proof casserole dish.

Steam potatoes until done; mash with milk, margarine, and salt and pepper until smooth.

Heat a large, non-stick skillet. Cook the beef for 5 - 6 minutes until browned. Drain fat and transfer beef to medium bowl. Return skillet to heat; add onion, peas, carrots, and thyme. Cook and stir occasionally for 5 - 7 minutes or until vegetables are softened.

Return beef to skillet; stir in broth, wine, and tomato paste. Cook 2 - 3 minutes or until liquid is almost evaporated. Stir in remaining ½ teaspoon salt and pepper. Transfer beef mixture to prepared casserole dish. Spread sweet potato mixture evenly over the top of the beef. Bake for 25 - 30 minutes or until potatoes are lightly browned.