

# 30 Minute Shepherd's Pie



Recipe courtesy of Rachael Ray

Show: 30 Minute Meals |  
Episode: Soul Soothers

Total: 40 min  
Prep: 15 min  
Cook: 25 min  
Yield: 4 servings  
Level: Easy



## Ingredients:

- 2 pounds potatoes, such as russet, peeled and cubed
- 2 tablespoons sour cream or softened cream cheese
- 1 large egg yolk
- 1/2 cup cream, for a lighter version substitute vegetable or chicken broth
- Salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil, 1 turn of the pan

## Directions:

- 1** Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine sour cream, egg yolk and cream. Add the cream mixture into potatoes and mash until potatoes are almost smooth.
- 2** While potatoes boil, preheat a large skillet over medium high heat. Add oil to hot pan with beef or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If you are using lamb

- 1 3/4 pounds ground beef or ground lamb
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup beef stock or broth
- 2 teaspoons Worcestershire, eyeball it
- 1/2 cup frozen peas, a couple of handfuls
- 1 teaspoon sweet paprika
- 2 tablespoons chopped fresh parsley leaves

and the pan is fatty, spoon away some of the drippings. Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. In a second small skillet over medium heat cook butter and flour together 2 minutes. Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute. Add gravy to meat and vegetables. Stir in peas.

**3** Preheat broiler to high. Fill a small flameproof rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve.

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