



## Shephard's Pie

1 lb. lean ground beef, browned and drained

1 ½ cups vegetables of your choice (we use corn and green beans)

2 cups mashed potatoes

1 cup beef stock or water

2 teaspoons flour

After browning beef and removing excess fat, add flour to pan and stir until mixed in. Add stock or water and cook until liquid thickens. Place into an oven safe casserole dish. Place vegetables over meat mixture. Place mashed potatoes over vegetables. I sometimes sprinkle parmesan cheese on also. Bake at 350 degrees until peaks start to brown about 30 minutes.

## Gravy

1 cup stock; beef, chicken, or pork

2 tablespoons flour

¼ cup cool water

Whenever we roast or boil meat, we save the broth for gravy. I pour broth thru a sieve type strainer and if we are not making gravy that day, I freeze for later use in a shallow pan.

If we are making gravy, for each cup of broth mix together 2 tablespoons flour and  $\frac{1}{4}$  cup of cool water. Add to broth and heat slowly until it thickens. Season with salt and pepper to taste. If you need gravy and don't have broth, I use the premade broth you can purchase, choose one that is low in salt and make gravy per instructions above.

## Mashed Potatoes

3 cups mashed potato flakes  
1  $\frac{1}{2}$  cups milk  
1  $\frac{1}{2}$  cups boiling water  
 $\frac{1}{4}$  cup fat free greek yogurt  
Salt and pepper to taste

We use quite a few mashed potatoes. It is therefore much more cost effective and time saving to make instant mashed potatoes. That being said we have developed a way to make them taste like homemade. We only use a real potato product. This means a dehydrated real potato with not flavors added and not too much salt.

Follow package directions with the following changes: Decrease water by  $\frac{1}{4}$  cup for every 4 servings you're making. Add milk and butter as it instructs but then stir in a  $\frac{1}{4}$  cup of either sour cream or fat free Greek yogurt. If potatoes are too thick add extra milk; add salt and pepper to taste.