



SHEPHERDS PIE

INGREDIENTS

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 3 carrots, finely diced
- 3 ribs celery, finely diced
- 2 lbs ground beef
- 1 28 oz can diced tomatoes
- 2 Tbsp tomato paste
- 8-10 parsnips, peeled, cut into 1-inch slices
- 2 ½ cups chicken stock
- 4 cups thinly sliced green cabbage
- Salt and pepper, to taste

DIRECTIONS

1. Heat oven to 375° F.
2. Heat the oil in a large sauté pan set over medium-high heat. Add the onion, garlic, carrots, celery and beef. Cook until browned, about 8 to 10 minutes.
3. Add the tomatoes, tomato paste and 1 cup chicken stock. Stir until tomato paste is blended into the meat mixture. Add the cabbage. Simmer until the sauce thickens and cabbage is tender, about 10 minutes. Season with salt and pepper.
4. Place the mixture into a 5 qt baking dish; set aside.
5. Bring a pot of salted water to a boil over high heat and add the parsnips. Cook until tender, about 10-15 minutes; drain.
6. Place the parsnips in a food processor. Slowly add the remaining chicken stock while pureeing, until the mixture is smooth. Season with salt and pepper to taste.
7. Spread the puréed parsnips over the meat mixture creating small “swoops” as you go.
8. Bake until top begins to brown, 30-35 minutes.



SHEPHERDS PIE

SHOPPING LIST

Olive oil
Yellow onion
Garlic
Carrots
Celery
1 28 oz can diced tomatoes
Tomato paste
8-10 parsnips
Chicken stock
Green cabbage
Salt and pepper

SIDE OPTIONS

Arugula Salad
4 bean salad
Green peas with butter
Sweet potato fries