

INGREDIENTS

FILLING

- 1.5T canola oil
- 1.5lb ground beef or lamb
- Salt and pepper
- ½ medium onion, chopped
- 1.5 cups diced frozen veggies
- 1T minced parsley
- ½ t minced thyme
- 1.5 T flour
- 1.5C beef stock

TOPPING

- 1lb russet potatoes, peeled and cut into 1inch pieces
- ¼ C milk
- 1T butter
- 2T cheddar cheese, grated

DIRECTIONS:

1. To start filling, warm 1 tablespoons oil over medium heat on skillet.
2. Add ground meat and cook for 5 to 7 minutes or until browned. Season with salt and pepper. Remove from heat and transfer into bowl with slotted spoon.
3. Add remaining ½ tablespoon oil to pan. Stir in the onion and cook for 3 to 5 minutes or until onion is soft (not browned).
4. Add veggies, parsley, and thyme. Cook for 2 to 3 minutes or until the vegetables are coated with oil.
5. Stir in flour and cook 1 to 2 minutes, and then add the stock.
6. Bring to boil, scraping up the browned bits from the bottom of the pan.
7. Add meat, reduce heat to low, and simmer uncovered for 20 to 25 minutes until the meat is tender and sauce is thickened. Season with salt and pepper.
8. Preheat oven to 425 degrees Fahrenheit.
9. To make topping: In a large saucepan over medium heat, cook the potatoes in boiling salted water until tender (12-15 mins). Drain and mash. Add milk and butter and stir until smooth.
10. Transfer the stew to a large casserole dish. Decoratively spread or pipe the potatoes over meat mixture and bake 10-12 minutes.

11. Preheat broiler and sprinkle potatoes with cheese. Place the pie under the broiler, 4 inches from heat source, and broil 1-2mins until the potatoes are lightly browned and the cheese is bubbling.