

Easy Shepherd's Pie



Ingredients

Pork:

1 Tbsp / 15 mL canola oil
1 cup / 250 mL chopped yellow onion
2 cloves garlic, minced
1 lb / 0.5 kg lean ground pork
1-10oz / 284 mL can sodium-reduced beef broth
2 Tbsp / 30 mL tomato paste
2 Tbsp / 30 mL chopped fresh parsley
1 tsp / 5 mL chopped fresh thyme
2 cups / 500 mL mixed frozen vegetables
Salt and ground black pepper to taste
Chopped fresh parsley for garnish

Potato Topping:

2 large russet potatoes, peeled and cut into 2-inch pieces
3 Tbsp / 45 mL butter
½ cup / 125 mL milk
Salt to taste

Directions

For the pork:

1. In large skillet, heat oil over medium-high heat.
2. Add onion, garlic and ground pork. Thoroughly cook pork until no pink remains, breaking up larger pieces with a spatula, about 15 minutes. Drain cooking liquid if needed.
3. Add broth, tomato paste, parsley, thyme and frozen vegetables. Mix well. Simmer until juices thicken, about 10 minutes.
4. Spoon mixture into lightly greased 1 ½ quart casserole.
5. Spread Potato Topping on top.
6. Preheat oven to 375°F. Bake 30-35 minutes or until potato topping starts to brown.

7. Garnish with additional parsley.

For the potato topping:

1. Cook potatoes in large pot of boiling water until tender. Drain well.
2. Mash with butter, milk and salt.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 35
- **Number of Servings:** 4-6