



Grow With Me Food Recipes



Recipe Name: [Shepherd's Pie](#)

Ingredients

1 1/2 to 2 pounds potatoes (about 3 large potatoes), peeled and quartered

8 Tablespoons (1 stick) butter

1 medium onion, chopped (about 1 1/2 cups)

1-2 cups vegetables—diced carrots, corn, peas

1 lb ground Turkey or shredded Chicken

1/2 cup chicken broth

1 teaspoon Worcestershire sauce

Salt, pepper, other seasonings of choice

3 tablespoons of shredded cheddar cheese



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Procedure

*Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

*While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes. If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do. If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time. If your children are picky eater and don't like to see vegetables puree them:)

*Add 1 lb of ground turkey or boneless chicken to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper. Add the worcestershire sauce and chicken broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more broth if necessary to keep the meat from drying out.

*When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.

*Preheat oven to 400°F. Spread the Turkey or shredded cooked chicken, onions, and vegetables (if using) in an even layer in a large baking dish (8x13 casserole). Spread the mashed potatoes over the top of the meat. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.

*Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

Sprinkle grated cheddar cheese over the top of the mashed potatoes before



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baking.
