



EASY AS (SHEPHERD'S) PIE

with Caramelized Onions
and Roasted Carrots

PREP: **5 MIN**
TOTAL: **35 MIN**

LEVEL 1

NUT
FREE



HELLO CARMELIZED ONIONS

A little heat lets onions show
their sweet side

INGREDIENTS:

- Yukon Potatoes
- Baby Carrots
- Yellow Onion
- Garlic
- Thyme
- Ground Beef
- Flour (Contains: Wheat)
- Chicken Stock Concentrate
- Peas
- Reduced-Fat Milk (Contains: Milk)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 16 oz
- 8 oz
- 1
- 2 Cloves
- ¼ oz
- 10 oz
- 1 TBSP
- 1
- 4 oz
- ¼ Cup
- ¼ Cup

FOR 4 PEOPLE:

- 32 oz
- 16 oz
- 2
- 4 Cloves
- ¼ oz
- 20 oz
- 2 TBSP
- 2
- 8 oz
- ½ Cup
- ½ Cup

NUTRITION PER SERVING

703 cal | Fat: 33 g | Sat. Fat: 14 g | Protein: 44 g | Carbs: 59 g | Sugar: 14 g | Sodium: 573 mg | Fiber: 12 g

START STRONG

Potato skins are a rich source of vitamins and minerals like iron and potassium, so don't waste time peeling them! A quick chop is all the potatoes need before being tossed in the boiling water.



BUST OUT

- Large pot
- Baking sheet
- Large ovenproof pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Strainer
- Masher



1 PREHEAT OVEN AND ROAST CARROTS

Wash and dry all produce.

Preheat oven to 420 degrees. Toss **carrots** on a baking sheet with a drizzle of **olive oil** and pinch of **salt** and **pepper**. Roast until starting to brown, about 20 minutes.

2 COOK POTATOES

Cut **potatoes** into ½-inch cubes. Place in a large pot of **salted water**. Bring to a boil and cook until fork tender, about 15 minutes. Drain and return to pot.

3 PREP REMAINING INGREDIENTS

Halve, peel, and thinly slice **onion**. Mince **garlic**. Strip **thyme leaves** off stems. Discard stems.



4 BROWN BEEF AND ONIONS

Heat a drizzle of **olive oil** in a large ovenproof pan over medium-high heat. Add **beef** and **thyme**. Cook until browned, 3-4 minutes. Remove from pan and set aside. Add another drizzle of **olive oil** and **onions** to pan. Cook until softened, about 6 minutes. Add **garlic** and ¼ **cup water**.

5 MAKE SAUCE AND MASH POTATOES

Sprinkle **flour** over **onions** and stir 1 minute. Add **stock concentrate**, ½ **cup water**, and **peas**. Stir until sauce thickens, 2-3 minutes. Add **beef** and stir to combine. Use a fork or potato masher to mash **potatoes** with ¼ **cup milk** and 1 **TBSP butter** until smooth. Season with **salt** and **pepper**.

6 ASSEMBLE

If your pan isn't ovenproof, transfer **beef** mixture to a medium baking dish. Spread mashed **potatoes** over top. Sprinkle with **Parmesan cheese**, and bake until melted and bubbly, about 5 minutes. Serve with **roasted carrots** on the side.

TERRIFIC!

Next time, pair thyme with rosemary for a bold flavor.

