**Shepherd’s Pie**

**Meat Mixture:**

1# ground beef

3 sprigs fresh thyme

1-2 cloves garlic minced

1 large or 2 small onions medium diced

1 parsnip medium diced

1 carrot medium diced

¼ cup flour

½ cup chopped tomatoes

1 qt. water

1 Tbsp. beef base

1 cup frozen peas

Salt and pepper to taste

**Mashed Potatoes:**

1 ½ pounds potatoes washed and cut into pieces (peeled is up to you)

1/3 cup milk

1 egg

3 oz butter

Salt and pepper to taste

½ cup shredded cheddar cheese

**INSTRUCTIONS**

**For Filling:**

1. In a large pot, brown the ground beef.
2. After the beef is fully cooked, drain the fat and add the thyme, onions, and garlic to the pan and cook for 6 minutes or until the onions begin to turn translucent.
3. Add the parsnip and carrot and cook for another 5-6 minutes, until they begin to get soft.
4. Stir in the flour until it forms a slightly sticky paste.
5. Add the water and beef base and stir until the flour has dissolved.
6. Pour in tomatoes and bring to a simmer; the mixture should thicken slightly.
7. Add peas, cook for 1-2 minutes, and turn heat off.

**For Mashed Potatoes:**

1. Put the potatoes in a pot large enough to hold them all. Cover with cold water. Put on the stove and bring to a boil.
2. Let them boil until you can insert a fork into a potato and it comes out easily. It should take about 15-20 minutes.
3. Drain the potatoes and mash them up with the potato masher.
4. Add the milk, butter, egg and salt and pepper. Mash until they are a mostly smooth texture. Keep some small lumps in it.

**To Assemble:**

1. Pre heat the oven to 375ºF. If you are in groups 2 or 3 preheat to 400ºF.
2. Put the filling into the bottom of a pan. The shape of the pan is up to you; make sure it is large enough to hold everything.
3. Place the mashed potatoes on top, and spread the potatoes around to seal to top up.
4. Top with the cheddar cheese.
5. Bake for 20-30 minutes, or until the edges bubble.