

# Arkansas

★ Home Grown & Homemade ★

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DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION

University of Arkansas System

FARM  
BUREAU  
ARKANSAS

## Lamb Shepherd's Pie

- 2 lbs potatoes (6 medium)
- 1/2 c. milk, low-fat
- 3 Tbsp. butter or margarine
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. olive oil
- 1 large onion chopped
- 1 1/2 pounds ground lamb
- 3 cloves garlic, minced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1/3 c. tomato paste
- 2 c. vegetable stock (divided)
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. all-purpose flour
- 12-oz. bag frozen peas & carrots
- 1/4 c. fresh parsley, minced
- 1/3 c. grated extra sharp cheddar cheese

**Mashed Potatoes:** Cover peeled and chunked potatoes with water in a saucepan and cook on medium heat for 15 minutes until tender. Drain the potatoes and add butter, salt, and pepper then mash with a fork or potato masher. Stir in enough milk to make smooth and creamy.

**Meat Filling:** Preheat oven to 350°. In a large oven-safe skillet heat olive oil and onions on medium-high for 5 minutes, stirring until translucent. Add lamb, garlic, thyme, and rosemary. Break the meat up as it browns, for 6-8 minutes. Add 1 cup of vegetable stock, Worcestershire sauce, flour, and tomato paste. Stir to combine and cook for 2-3 minutes, until thickened. Add remaining stock, peas, and carrots. Bring to a boil then reduce to simmer for 5 minutes, stirring occasionally. Stir in the parsley, and season with salt and pepper, to taste. Top meat mixture with mashed potatoes. Bake for 25 minutes, until the potatoes begin to brown. Top with the cheese and return to oven for 5 minutes. Let sit for 10 minutes before enjoying.



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*Makes 10 servings. 300 calories; 14g fat; 50mg chol; 360 mg sodium; 24g carb; 20g protein*

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