

English Cottage Pie

Meet the Sullivans

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Ingredients

1 tablespoon all purpose flour

1 tablespoon butter, softened

Cooking spray

1 $\frac{1}{2}$ cups chopped onion

$\frac{1}{2}$ chopped carrot

8 oz. thinly slice cremini or button mushrooms

1 lb lean ground beef or turkey

2 tablespoons no salt added tomato paste

1 cup low sodium beef broth

$\frac{1}{4}$ teaspoon fresh ground black pepper

$\frac{1}{4}$ cup chopped fresh parsley

1 tablespoon fresh thyme

$\frac{1}{2}$ teaspoon salt

3 cups mashed potatoes

$\frac{3}{4}$ cups shredded reduced-fat sharp white cheddar cheese, divided (I used orange cheddar)

Paprika (optional)

Preparation

1. Preheat oven to 350°.

2. Combine flour and butter; stir well. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and carrot; sauté 5 minutes. Add mushrooms; sauté for 5 minutes or until lightly browned. Remove vegetables from skillet. Add beef to pan; cook 5 minutes or until browned, stirring to crumble. Stir in tomato paste, and cook 3

minutes. Stir in broth and pepper. Return vegetables to pan, and bring to a simmer. Stir in parsley, thyme, and salt. Add flour mixture, and cook for 1 minute or until thick, stirring constantly.

3. Spoon meat mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray, spreading evenly. Combine the potatoes and half of cheese; spread the potato mixture evenly over meat mixture. Top with remaining cheese. Sprinkle with paprika, if desired. Bake at 350° for 20 minutes or until bubbly.