

Shepherd's Pie

Ingredients

1 small onion, chopped
1 Tbsp. fat
1 lb. ground beef
1 tsp. salt
1/2 to 1 tsp. garlic powder and/or spices of your choice
1/4 cup flour
2 cups water

1 - 2 cups peas or green beans
Potatoes
Dried parsley or desired spice (optional)

Directions

Brown onion in hot fat. Add meat and brown well. Sprinkle flour over mixture, then stir well. Add water and blend. Heat until gravy bubbles and thickens. Simmer for a few minutes. Add garlic powder, salt and any other spices of your choice. Put in bottom of casserole dish. Cook 1 to 2 cups green beans or peas and put on top of beef mixture. Cook and mash enough potatoes to generously cover the green beans/pea layer. Spread potatoes on top of vegetables and sprinkle dried parsley or desired spice over top.

Bake in 325 to 350 degree F. oven for 15 to 20 minutes if everything is still hot or bake at 350 degrees for 30 minutes if the meal is cold.