Thriving Talk
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*Made with several pantry items
making this great for your
quick & easy recipe collection*

Shepherd's Pie
with Ground Beef

Serves: 6-8

INGREDIENTS

Topping:
- 1 cup Cheddar Cheese (1 cup TL FD cheddar cheese with 3 1/2 T of cold water)

Base:
- 1 1/2 lbs Ground Beef (1 1/2 c TL FD ground beef with 3/4 cup of water)
- 1 small Yellow Onion, diced (1/2 cup TL FD chopped onion with 1/4 cup of water)
- 1/3 cup TL Espagnole gravy mix with 2 cups water
- 1/4 cup Carrots, diced (1/4 c TL DH carrots with 1/4 cup of water)
- 1 cup Peas (1 cup TL FD peas with 1 cup of water)

Potato:
- 5 cups Mashed Potatoes (4 cups TL FD Mashed Potatoes with 5 cups boiling water)
- 2 T Butter (2 T TL Butter Powder)
- 2 T Sour Cream (2 T TL Sour Cream Powder)
- 1 tsp Garlic Powder
- 1 tsp Sea Salt

DIRECTIONS

1. In a container with a lid tousle the cheese and water together and set aside.
2. In a large sauce pan add ground beef, onion, gravy mix, carrots, peas and water. Cook until tender and gravy consistency is reached.
3. In a large mixing bowl add mashed potatoes, butter, sour cream, garlic, salt, and water.
4. Layer the bottom of the casserole dish with the meat base. Then add large spoonfuls of potatoes to the top, gently spreading until smooth. Use a wet spoon if needed to spread. Top it off by sprinkling on the cheddar cheese.
5. Bake at 350 for 40 mins or until hot throughout. Enjoy!

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NOTES:

To make as a MIJ: Layer all the dry "base" ingredients into a 1 quart mason jar. Shake and tap jar if needed to make all ingredients fit. Add dry cheddar to an unsealed zip lock bag and place on top of the base mix in the jar. Keep potatoes in original can. **Prepare MIJ**: Pour the jar content into a large sauce pan. Add 4 3/4 - 5 cups water and heat up. Follow instructions above for potatoes. This MIJ will stores well in your pantry for 6 months. For a longer shelf life vacuum seal your mason jars or use an oxygen absorber.

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Freeze dried Food

FD = Freeze dried   DH = Dehydrated   TL = Thrive Life   MIJ = Meal in a Jar   HSC = Home Storage Center