Shepherd’s Pie
“Adapted from “A DASH of Aloha””

4 servings

Topping:
Sweet potatoes, Molokai 2 pieces
Potatoes, Yukon gold 2 pieces
Mustard 1 tsp.
Prepared horseradish 1/2 to 1 tsp.
Potato cooking water as needed
Cheddar cheese, grated (optional) 1/3 cup

1. Cook potatoes.
2. Mash all-together with rest of ingredients using the cooking water to desired consistency.

Filling:
Olive oil 1 tbsp.
Onion, Maui 1/2 cup
Garlic, minced 2 tsp.
Celery, chopped 1/2 cup
Carrot, chopped 1/2 cup
Corn, fresh (remove from the cob) 1 cup
Mushrooms, fresh, sliced 1/2 cup
Ground beef or turkey 1 cup

Oregano 1/2 tsp.
Paprika 1/2 tsp.
Tomatoes, chopped 1 cup
Tomato paste 1 tbsp.
Chicken or vegetable broth, low-sodium 1/2 cup
Worchesterhershire 1 tsp.
Pepper 1/2 tsp.
Salt 1/4 tsp.
Flour 1 tbsp.
Water 2 tbsp.
1. Heat oil in a large skillet.
2. Saute onions, celery, carrot for about 5 minutes or until they begin to soften.
3. Add in the garlic, corn, mushrooms and saute a few minutes more.
4. Next, add in the soy “beef”, oregano and paprika; cook two minutes.
5. Mix flour and water to make a slurry. Add in the tomatoes, tomato paste, broth, worcestershire, salt, pepper and slurry. Cook until the sauce thickens.
6. Pour into a prepared 9” pie plate or 8x8” baking dish and top with mashed potato mixture.
7. Bake at 350° for about 25 to 30 minutes or until hot and bubbly.

Substitutions: White potato can be used instead of Yukon gold.