



Shepherds Pie

(I used to make this when my kids were little since I could make one and freeze one I got it from a library book that was for do ahead meals, no idea of title or author)

Serves 15	Serves 7
3 lbs Ground Beef	1 ½ lbs Ground Beef
1 ½ Cups beef stock	¾ Cups beef stock
2 Onions	1 Onions
6 carrots shredded	3 carrots shredded
½ teaspoon Italian seasoning	¼ teaspoon Italian seasoning
2 cups of peas	1 cups of peas
4 ½ lbs of potatoes peeled, diced, and cooked	2 ½ lbs of potatoes peeled, diced, and cooked
6 Tablespoons soy or rice milk	3 Tablespoons soy or rice milk

Brown beef and onions until cooked. (drain any fat. Add Italian seasoning, carrots, peas, and beef stock. If making the large batch line 2) 8 X 8 sq dishes or 1) 9 X 13 dishes with tinfoil and grease one to use now. If making the small batch grease a 9 X 13 cake pan. Spread meat mixture in the dishes. Mash potatoes with nondairy milk and spread over the top.. Cook uncovered at 375 for 45 min. Freeze the extras be sure to label and date them.

To cook frozen Partially thaw in refrigerator starting the night before. Cook uncovered at 375 for 1 hour 15 min or until heated through and potatoes are brown.

<http://www.lincolntent.com/GFCF-Beef.html>