

Shepherd's Pie

Is there anything more classic than Shepherd's Pie? With fresh mashed potatoes, perfectly seasoned beef and just the right amount of peas, corn, carrots and cheddar, it's a recipe the whole family will love.

60 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Skillet
Large Saucepan
Oven-Safe Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (3/4 Tbsp per svg.)
Flour (1/2 Tbsp per svg.)

6 MEEZ CONTAINERS

Red-Skin Potatoes
Beef Meatballs
Onions & Garlic
Cream Sauce
Veggies
Cheese & Parsley

Make the Meal Your Own

Family Favorite!

Speed Tip: We're cooking and mashing the potatoes in a single pot to simplify clean up. If you don't mind cleaning an extra pan, complete step #3 in a separate pan while you're waiting for the potatoes to cook. You'll save about 15 minutes. It also cooks ahead wonderfully, so assemble it in advance and cook whenever you're ready to eat.

Good to Know

Health snapshot per serving – 915 Calories, 30g Protein, 50g Fat, 22 Freestyle Points

Lighten Up per serving – 460 Calories, 15g Protein, 25g Fat, 11 Freestyle Points with half the portion. This dish is probably our most filling and largest portion (you will see when it comes out of the oven). You will be able to still fill-up from half the serving and save those calories!

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef Meatballs, Red-Skin Potatoes, Peas, Carrots, Corn, Onion, Garlic, Cheddar, Parsley, Black Pepper, Cream, Wine, Dijon, Brown Sugar, Chicken Broth

meez meals

1. Getting Organized

Preheat the oven to 425 degrees and set a pot of salted water to boil in a large saucepan over high heat.

2. Cook The Potatoes

Cut each **Red-Skin Potato** in half and then in thirds for six pieces per potato. Add them to the boiling water and cook uncovered until they are fork-tender, about 15 minutes. Drain the potatoes and set aside. Wipe-out and dry the saucepan.

3. Sear The Meatballs

While the potatoes are cooking, heat the **Beef Meatballs** in a skillet over high heat. Sauté until the meatballs start to brown, about 2 minutes. Remove from heat and set aside.

4. Make The Mashed Potatoes

Return the saucepan used for the potatoes to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Onions & Garlic** and sauté until the onions are translucent, about 4 to 6 minutes. Add 1 Tbsp flour and 1½ Tbsp butter to the saucepan and cook until the butter is melted, and flour begins to brown, about 2 minutes. Add the **Cream Sauce** and stir, scraping the browned bits of flour off the bottom of the pan. Continue cooking until the sauce is the consistency of gravy and has turned golden brown, stirring continuously for another 2 to 3 minutes. Turn off the heat.

Add the cooked potatoes to the saucepan with the finished cream sauce and mash. Lumps are OK, you're shooting for your favorite mashed potatoes consistency.

5. Bake The Pie

Use cooking spray or lightly brush an oven-safe casserole dish lightly with oil. Cover the bottom with half the mashed potatoes. Place the meatballs on top of the potatoes, forming one even layer. Spread the **Veggies** on top of the meatballs and cover with the remaining mashed potatoes. Sprinkle the **Cheese & Parsley** on top and bake until the edges brown and the cheese is melted, about 25 to 35 minutes.

Remove from the oven and let rest for 7 to 10 minutes. Serve and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

You will need enough water to completely submerge the potatoes.

We love to send you vegetables cut and ready to eat, but cut potatoes don't hold up as well as we'd like.