

Ground Beef Shepherd's Pie

Mushrooms add a lot of flavour to this recipe. If your children don't like mushrooms you can finely chop them and put them in with the beef. They'll never know they're there. You can sneak in some carrots too, if you finely grate them first.

1 lb (500 g)	Extra Lean Ground Beef
8 oz (250 g)	mushrooms, sliced or chopped
1	medium onion, finely chopped
2	cloves garlic, minced
½ tsp (2 mL)	EACH dried thyme and marjoram leaves
3 tbsp (45 mL)	all-purpose flour
1 ½ cup(s) (375 mL)	beef stock
2 tbsp (25 mL)	tomato paste
2 tsp (10 mL)	Worcestershire sauce
	Salt and freshly ground pepper
1	can (12 oz/341 mL) corn kernels, drained
	Potato Topping (recipe follows)

1. **Cook** beef in large nonstick skillet over medium-high heat, breaking up with wooden spoon, for 5 minutes or until browned. Drain, if necessary. Add mushrooms, onion, garlic, thyme and marjoram; cook over medium heat, stirring often, for 5 minutes or until softened. Sprinkle with flour; stir in stock, tomato paste and Worcestershire sauce. Bring to boil; reduce heat and simmer, covered, for 8 minutes. Season with salt and pepper to taste. Stir in corn.
 2. **Spread** meat mixture into shallow 12 x 8-inch (2.5 L) baking dish. Top with small spoonfuls of Potato Topping and spread evenly.
 3. **Bake** in 375°F (190°C) oven for 25 to 30 minutes or until filling bubbles.
- **Potato Topping:** Peel and quarter 2 lb (1 kg) potatoes (about 6). Simmer in large saucepan covered with 1-inch (2.5 cm) boiling salted water for 15 to 20 minutes or until tender. Drain. Return potatoes to stove and heat in pan just until excess water evaporates. Stir in 1/2 to 3/4 cup (125 to 175 mL) milk and 2 tbsp (30 mL) EACH butter and mayonnaise; bring to simmer. Remove from heat and mash. Season with salt and pepper to taste.
 - **Adapted from:** 300 Best Comfort Food Recipes by Johanna Burkhard, (2002).