



Shepherd's Pie

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
Beef Mixture:		
¼ cup	vegetable oil	60 mL
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
4 cups	onions, finely chopped	1 L
Filling:		
¼ cup	vegetable oil	60 mL
2 cups	onions, finely chopped	500 mL
4 cloves	garlic, finely minced	4 cloves
5 stalks	celery, finely chopped	5 stalks
3	red peppers, finely chopped	3
14 cups	vegetables – combination of corn, peas (frozen) and diced carrots (fresh or frozen)	3.5 L
1 tsp	salt	5 mL
Optional:	herbs (fresh or dried) sliced leeks sliced mushrooms frozen mixed vegetables pepper	
Topping:		
10 lbs	mashed potatoes (see recipe)	4.5 kg
Optional:	replace part of potatoes with mashed sweet potatoes or squash	

Note 1: Instructions are on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

Instructions

1. Preheat oven to 350°F (180°C).
2. Heat oil in a large pot on medium-high heat. Add beef and cook until browned and no longer pink. Drain fat.
3. Add onions and sauté until soft. Season with salt and pepper (if using).
4. Spray necessary number of baking sheets with cooking spray.
5. Remove beef mixture from heat and distribute among dishes.
6. Heat remaining oil in a large frying pan. Add onions and cook until soft.
7. Add garlic and cook for 2 minutes.
8. Add celery and peppers and sauté until tender.
9. Add corn and herbs (if using). Season with salt and pepper (if using). Cook until corn is heated through.
10. Spoon mixture over ground beef in serving dishes.
11. Finally, spread mashed potatoes on top of the corn mixture.
12. Bake for 20 – 30 minutes until bubbling and mashed potatoes are golden.

Vegetarian Substitution suggestion: Bean Shepherd's Pie (see recipe)

Nutrition Information	
Serving 200 g	
Calories	210
Fat	7 g
Saturated 2 g	
+ Trans 0 g	
Sodium	370 mg
Carbohydrates	25 g
Fibre 4 g	
Sugars 3 g	
Protein	13 g
Calcium	40 mg
Iron	1.5 mg

Food Guide Servings
1 ½ Vegetable & Fruit
1 Meat & Alternative