

SLOW COOKER SHEPHERD'S PIE

Yields 6-8 servings

Ingredients

- 1 1/2 pounds (680 g) boneless beef chuck roast, trimmed and cut into 1-inch cubes
- 3 cloves garlic, minced
- 4 medium carrots, peeled and cut into 1/4" slices
- 8 ounces (227 g) white mushrooms, cleaned and roughly chopped
- 1 1/2 cups (217 g) frozen corn, thawed
- 3/4 cup (180 ml) low-sodium beef broth
- 6 tablespoons (100 g) tomato paste
- 2 teaspoons (10 ml) Worcestershire sauce
- 1 teaspoon (1 g) dried oregano
- 1 1/2 tablespoons (18 g) House Seasoning*
- 3 tablespoons (24 g) all-purpose flour
- 1 1/2 cups (240 g) frozen peas, thawed
- Salt and freshly ground black pepper, to taste

For the Mashed Potatoes:

- 2 1/2 pounds russet potatoes, peeled and cut into 2-inch pieces
- 1 teaspoon (6 g) salt
- 1 cup (240 ml) milk, warmed
- 6 tablespoons (85 g) butter, melted
- 1 1/2 cups (6 ounces) shredded cheddar cheese
- Salt and freshly ground black pepper, to taste

Instructions

1. Place the beef cubes in a large slow cooker. Top with

the garlic, carrots, mushrooms and corn.

2. In a medium bowl, whisk together the beef broth, tomato paste, Worcestershire sauce, oregano and House Seasoning. Pour the broth mixture over the contents of the slow cooker and stir to combine.
3. Cover the slow cooker and cook on low for 7 to 9 hours, or on high for 3 1/2 to 4 1/2 hours, until the beef is tender.
4. To make the mashed potatoes, place the potatoes in a large saucepan and cover them with 2 inches of water. Bring the potatoes to a boil over high heat and stir in the salt.
5. Reduce the heat and simmer until the potatoes are tender when stabbed with a fork (start checking them at 15 minutes).
6. Drain the potatoes and return them to the pot. Add the milk, butter, salt and pepper to taste. Gently mash the potatoes with a handheld potato masher.
7. Use a large spoon to skim any fat from the surface of the beef and veggie mixture in the slow cooker.
8. In a small bowl, mix the flour and 6 tablespoons (90 ml) water until smooth, then slowly stir the mixture into the slow cooker.
9. Add the peas.
10. Adjust the seasonings to taste with salt and pepper.
11. Mix the cheddar into the mashed potatoes and spread in an even layer over the top of the beef and vegetables.
12. Cover the slow cooker and cook on high for 15-30 minutes, until the gravy has thickened and the mashed potatoes are heated through.