

Smoked Shepherd's Pie Recipe

- Courtesy of www.thebetterhomelife.com

Ingredients for the potatoes

4-5 pounds of potatoes
3/4 Cup half and half
1/4 Cup butter
1 teaspoon salt
3 Egg Yolks

Ingredients for the meat filling

1 large onion minced
2 Tablespoons olive oil
1 teaspoon garlic powder
1 Cup all-purpose flour
2 pounds ground beef or lamb
1/2 teaspoon freshly ground black pepper
1 can chicken broth
1 can tomato sauce
2 teaspoons Italian seasoning
1 bag frozen mixed vegetables (carrots, peas, corn, beans)

Instructions for potatoes

Peel the potatoes, and slice into quarters. Place in a large pot and cover with cold water. Set over high heat and bring to a boil. Once boiling, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 15-20 min.

Drain the potatoes, add the salt and mash with the butter. In a small bowl mix the half and half with the egg yolks. Use a hand mixer to whip the potatoes, slowly add the egg mixture to the potatoes. Whip until thoroughly combined. Set aside.

Instructions for meat filling

Brown the beef or lamb. Set aside to drain on a paper towel lined plate. Pour the olive oil into the pan and sauté the onions until tender. Return the drained meat to the pan. Next, add the flour and mix to evenly coat the meat and onions. Slowly pour the can of chicken broth over the flour coated mixture, mix to coat. Now, thoroughly mix in the tomato sauce. Season the mixture with the garlic powder, Italian seasoning and pepper. Finally, add the frozen mixed vegetables and stir until the vegetables are warm and slightly softened. Transfer the meat mixture to a large Pyrex deep baking dish 13x9x3" and spread evenly. Top with the potatoes and smooth with a rubber spatula.

Instructions for Smoked or Baked Shepherd's Pie

Preheat the Traeger to 375 degrees F. Bake uncovered for 45 minutes. Enjoy!

If you would prefer to bake this in an oven, then preheat your oven to 400 degrees F. Bake uncovered for 40 -50 minutes or until potatoes are lightly browned.