

Tunnel Treat Shepherd's Pie



For 4 people – or more

3 or more cups / 720 ml of minced cooked beef or lamb
1/4 cup / 60 ml shortening
1-2 onions, minced
2 carrots, minced
2 large tomatoes, chopped
1/4 cup / 60 ml all-purpose flour
3/4 cup / 180 ml brown stock
1 tsp / 5 ml dried parsley
1 tsp / 5 ml Italian seasoning
1/2 tsp / 2.5 ml pepper
1 Tbsp / 15 ml Worcestershire Sauce
2- 4 boiled potatoes, mashed with butter
1/2 cup / 120 ml grated old cheddar cheese

Cook minced vegetables in a frying pan with shortening. Add flour and stir until absorbed. Add stock and seasonings and stir until thick. Add meat and mix well. Pour mixture into a greased Pyrex dish and top with cheese. Bake at 375-400F for 30-40 minutes, or until top is browned.