

Mini Shepherd's Pies By Jane O'Brien

PREP TIME: 10 mins

COOK TIME: 40 mins

TOTAL TIME: 50 mins

YIELDS: 12



Ingredients:

- 2 tbsp all-purpose flour, plus more for work surface
- 2 lb sheets refrigerated pie crust
- 1tbsp extra-virgin olive
- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 cloves garlic, minced
- 1 lb Lean ground beef
- ½ cup frozen peas
- ¼ cup frozen or canned corn
- 2 tbsp butter
- ½ cup low-sodium beef broth
- 1 ½ cups prepared mashed potatoes
- Shredded cheese of your choice for garnish

Directions:

Step 1

Preheat oven to 375° and coat a muffin tin with cooking spray. Lightly flour a work surface. Using a glass, cut pie crust into rounds for your muffin tin. Place pie crust in each cup and gently press down.

Step 2

Bake until lightly golden, 6 to 8 minutes. Heat broiler.

Step 3

Meanwhile. Make beef mixture: In a large skillet over medium heat, heat oil. Add onion. Carrots. And garlic and cook until softened. 5 minutes. Add ground beef and cook until no longer pink, 5 minutes more. Drain fat

Step 4

Stir in frozen peas and corn and cook until warmed through, 3 minutes more.

Step 5

Move mixture to one side of skillet and melt butter in empty side. Add flour and whisk until combined and golden, 1 minute, then pour in beef broth.

Step 6

Combine with mixture and cook until thickened, 3 minutes.

Step 7

Fill baked pie crusts with ground beef mixture and top with a big spoonful of mashed potatoes.

Step 8

Broil until golden, 5 minutes.

Step 9

Garnish with cheese or parsley and serve.