

Shepherd's pie

This shepherd's pie is made with ground turkey and lentils. Packed with tasty veggies and flavour, this recipe is one the whole family will enjoy.



30 mins or less



Freezer-friendly



PREP TIME
20 min



COOK TIME
10 min



SERVINGS
6

Ingredients

- 5 large potatoes (about 1kg)
- 1 yellow onion, diced
- 450 g (1 pound) lean ground turkey
- 250 mL (1 cup) canned lentils, rinsed and drained
- 30 mL (2 tbsp) Worcestershire sauce
- 30 mL (2 tbsp) canned tomato paste
- 500 mL (2 cups) frozen peas and carrots, thawed
- 30 mL (2 tbsp) soft margarine
- 15 mL (1 tbsp) 1% milk

Directions

1. Wash and cube potatoes. Place potatoes in a large pot of water and bring to a boil. Cook until the potatoes are soft, about 10 minutes and then drain.
2. Lightly coat a non-stick pan with cooking spray or oil and heat over medium-high heat. Add onions and cook for about 5 minutes, until browned. Add ground turkey and cook until brown.
3. Add lentils, Worcestershire sauce and tomato paste to the ground turkey.
4. Pour ground turkey mixture into an 8 x 8 casserole dish and spread evenly across the bottom. Layer peas and carrots on top of turkey mixture.
5. Add margarine and milk to the drained boiled potatoes. Mash with a potato masher or a hand blender. Layer mashed potatoes otop peas and carrots and spread evenly.
6. Place in the oven on the lower rack and broil for 5 to 10 minutes until potatoes begin to brown. Remove from the oven and serve.

Tips

- ✓ Freeze any leftover tomato paste so you can use it later. Spoon tomato paste into ice cube trays and place in the freezer for 2-3 hours, or until completely frozen. Transfer the cubes into a sealed container and store them for up to 6 months.
- ✓ Lentils can be dried or canned. If you **use dried lentils**, follow the cooking instructions on the package and add them in at the same step as the canned lentils.
- ✓ Don't have frozen peas and carrots? **Use any other fresh or frozen vegetable you like**. Just make sure to chop the vegetables into small pieces and cook them until tender.



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