

Dutch Oven Shepherd's Pie

Meal Prep: (This can be done at home and individually bagged)

1. Chop Onions



Instructions:

1. Over medium heat, in a Dutch oven with a Dutch oven liner. Brown meat and onions until fully cooked.
2. In a separate pan: prepare instant mashed potatoes based on instructions on packaging.
3. Add the vegetables to the Dutch oven and mix with meat and onions.
4. Add seasoning to taste (Salt & Pepper, Thyme, Rosemary, Worcestershire sauce, etc).
5. Cover meat and vegetables with mashed potatoes.
6. Cook for 45-60 min with medium heat or until heated through and the mashed potatoes start browning.

Ingredients:

4 people 6 people 8 people 10 people 12 people

Ground Meat (beef, Turkey, Chicken, Pork)	1.5 lbs	2 lbs	2.5 lbs	3 lbs	3.5 lbs
Onion (white or yellow) Medium	½	½	1	1	1
Frozen Vegetables (or fresh)	2 lbs	2.5 lbs	3 lbs	3.5 lbs	4 lbs
Mashed Potatoes (servings)	8	12	16	20	24

Spices:

4 people 6 people 8 people 10 people 12 people

Salt	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Pepper	1 tsp	1.5 tsp	2.5 tsp	2.5 tsp	3 tsp
Thyme + Rosemary	0.5 tsp	1 tsp	1.5 tsp	2 tsp	2.5 tsp
Worcestershire Sauce	1 tbs	2 tbs	3 tbs	4 tbs	5 tbs

Optional Toppings:

Substitutions:

Ingredient	Substitute	Celiac	Diabetic	Halaal	Kosher	Lactose	Vegan	Vegetarian
Meat	More vegetables or different vegetables Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	✓	✓