

Rutabaga Shepherd's Pie

Yield: 8 servings

Ingredients

Rutabaga Topping

- 1 large rutabaga (peeled and sliced into cubes)
- 3 tablespoons butter
- 2 eggs
- 1 tablespoon maple syrup
- Pinch of salt and pepper

Meat Filling

- 2 tablespoons olive oil
- 1 onion (diced)
- 2-pound lean ground beef (90%)
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme
- 1 teaspoon Salt
- $\frac{3}{4}$ teaspoon black pepper
- 2 tablespoons Worcestershire sauce
- 4 garlic cloves (minced)
- 3 tablespoons all-purpose flour
- 4 tablespoons tomato paste
- 1 cup beef broth
- 3 cup frozen mixed vegetables (corn, carrots, peas, green beans)

Directions

1. Preheat oven to 375 degrees F.
2. **Cook your rutabaga** (turnip) in a pot of boiling water- once it's tender, mash it with a potato masher or use a blender to puree it- this will make it creamier and smooth!
3. Mix in the remaining ingredients and set aside.
4. **Cook meat filling:** Add the oil to a large cast iron skillet on medium-high heat, add the onions. Cook 5 minutes, stirring occasionally.
5. Add the ground beef to the skillet and break it apart with a wooden spoon. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
6. Add the rosemary, thyme, salt, and pepper. Stir well.
7. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
8. Add the flour and tomato paste. Stir until well incorporated.
9. Add the broth and frozen vegetables. Let the mixture simmer for 2-3 minutes.
10. **Assemble the casserole:** Keep the meat filling in the cast iron skillet and spoon the turnip mixture on top of the meat. Carefully spread into an even layer. Bake uncovered for 30-35 minutes

References

1. Becky (2019). *Shepherd's Pie with Rutabaga* [Photograph]. A Calculated Whisk. <https://acalculatedwhisk.com/shepherds-pie-with-rutabaga/>



Becky (2019).

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