



Ingredients

- ✓ 1 pound ground chicken, turkey, or pork
- ✓ 2 medium carrots, finely chopped
- ✓ 1 medium onion, finely chopped
- ✓ 2 tablespoons all-purpose flour (GF: Cornstarch)
- ✓ 2 tablespoons minced fresh parsley
- ✓ 1 teaspoon each thyme, rosemary, garlic powder, basil
- ✓ 3/4 teaspoon salt
- ✓ 1/4 teaspoon pepper
- ✓ 1-1/2 cups reduced-sodium beef broth
- ✓ 2 tablespoons dry red wine or additional reduced-sodium beef broth
- ✓ 1 tablespoon tomato paste
- ✓ 1 teaspoon brown sugar
- ✓ 1/2 cup frozen peas

Topping:

- ✓ 4 medium potatoes, peeled and cubed
- ✓ 1/2 cup cashew milk
- ✓ 1/4 cup butter, cubed
- ✓ 3/4 cup shredded cheddar cheese, divided
- ✓ Salt and pepper to taste

Cottage Pie

Cottage Pie is one of my all-time favorites. Delicious, simple, hearty, and satisfying. What more can you ask for? I make some pretty substantial variations in mine, but traditionally this is made with ground beef. (Shepherd's pie being lamb based.)

Directions

1. Preheat oven to 400°
2. In a large skillet, cook meat, carrots, and onion over medium heat until meat is no longer pink and vegetables are tender; drain.
3. Stir in cornstarch, parsley, herbs, salt and pepper until blended.
4. Gradually add broth and wine; stir in tomato paste and brown sugar.
5. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until thickened, stirring occasionally.
6. Stir in peas.
7. Meanwhile, place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook 10-15 minutes or until tender.
8. Transfer meat mixture into a greased 9-inch deep-dish pie plate.
9. Drain potatoes; mash with milk and butter.
10. Stir in 1/2 cup cheese, salt and pepper. Spread over meat mixture; sprinkle with remaining cheese.
11. Place pie plate on a foil-lined baking sheet (plate will be full). Bake 20-25 minutes or until the top is golden brown.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.