



## CAPTAIN COOK'S MINI SHEPHERDS PIES

I usually make a few extra of these for lunches

$\frac{3}{4}$  lb organic ground beef or turkey  
 $\frac{1}{2}$  organic onion, chopped  
 $\frac{1}{2}$  C organic carrots, chopped  
 $\frac{1}{2}$  C organic peas  
3 medium size organic potatoes  
3 T organic butter  
 $\frac{1}{4}$  C organic milk  
 $\frac{1}{4}$  C organic broth  
 $\frac{1}{2}$  teaspoon Worcestershire sauce  
Salt and pepper to taste  
Olive oil for sautéing

1. Peel and boil potatoes until tender
2. Preheat oven to 400
3. Saute onion and carrot over med heat (10 min)
4. Add ground beef and sauté until no longer pink. Add salt and pepper and Worcester.
5. Add peas and broth and simmer for 10 minutes, adding more broth if necessary
6. Mash potatoes and add butter and milk, season to taste
7. Place beef mixture in bottom of mini baking dishes and top with mashed potatoes. ( I use 4" soufflés cups I found at Walmart for \$1.50)
8. Rough up potatoes with fork so peaks will brown nicely
9. Cook until bubbly (20-25 min), Broil last few minutes if necessary to brown.

Tip: Put mashed potatoes into plastic baggie and snip off the corner. Have your child "pipe" the potatoes onto the beef mixture. Just make sure the other end is tightly sealed or the potatoes will squeeze out the wrong end.