DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Shiloh Smith								
CATEGORY *Please check one*	☐	Appetizer	☒	Main Dish	☐	Side Dishes	☐	Healthy Desserts
COUNTY	Smith							
AGE DIVISION	☐ Junior		☒ Intermediate		☐ Senior			

Name of Recipe: Shepherds Pie		
Prep Time: 45 Minutes	**Cook Time:** 45 Minutes	**Cost:** 9.75

Type Recipe Here:

Ingredients

For the potatoes:
1 1/2 pounds russet potatoes
1/4 cup whole milk
2 ounces unsalted butter
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

For the meat filling:
1 1/2 pounds ground beef
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 teaspoons tomato paste
1 cup cream of mushroom soup
1 teaspoon Worcestershire sauce
1/2 cup fresh, canned, or frozen corn kernels
1/2 cup fresh, canned, or frozen green beans

Directions:
1. Peel the potatoes and cut into 1/2-inch dice. Place in a medium saucepan and cover with cold water. Set over high heat, cover and bring to a boil. Once boiling, uncover, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes. Place the mik and butter into a microwave-safe container and heat in the microwave until warmed through, about 35 seconds. Drain the potatoes in a colander and then return to the saucepan. Mash the potatoes and then add the milk, butter, salt and pepper and continue to mash until smooth.

2. Preheat the oven to 400 degrees F.

3. While the potatoes are cooking, prepare the filling. In a 12-inch saute pan combine beef, salt and pepper and cook until browned and cooked through, approximately 3 minutes. Add the tomato paste, cream of mushroom soup, Worcestershire, and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly 10 to 12 minutes or until the sauce is thickened slightly.

4. Add the corn and green beans to the beef mixture and spread evenly into an 11 by 7-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up and smooth with a rubber spatula. Place on a parchment lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the potatoes begin to brown. Remove to a cooling rack for at least 15 minutes before serving.

5. This weil complete your Shepherds Pie with 8 individual servings.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.