



EVERYTHING HERBAL

— by Cheryl Jabz —

Herbs for the body.
Food for the soul.

Cheryl's SHEPHERD'S PIE

Hearty. Cozy. Made with Love.

A comforting, homestyle classic made with savory ground beef, mixed vegetables, and creamy mashed potatoes—baked to golden perfection.



PREP TIME
20 MIN



COOK TIME
40 MIN



SERVES
6-8

INGREDIENTS

For the Meat Filling

- 1 lb ground beef (80/20)
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 cup frozen mixed vegetables (peas, carrots, corn, green beans)
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 cup beef broth
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1/2 tsp salt (or to taste)
- 1/2 tsp black pepper
- 1 tbsp olive oil

For the Mashed Potato Topping

- 2 lbs russet potatoes, peeled and cubed
- 4 tbsp butter
- 1/2 cup milk (or more for creamier potatoes)
- 1/2 tsp garlic powder
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper
- 1/2 cup shredded cheddar cheese (optional)

Garnish (Optional):

Chopped parsley or chives

INSTRUCTIONS

- 1 PREPARE THE POTATOES:**
Place potatoes in a large pot of salted water. Boil for 15–20 minutes or until fork-tender. Drain and return to pot.
- 2 MAKE THE MASHED POTATOES:**
Add butter, milk, garlic powder, salt, and pepper to the potatoes. Mash until smooth and creamy. Set aside.
- 3 COOK THE BEEF FILLING:**
In a large skillet, heat olive oil over medium heat. Add onion and cook until soft, about 3–4 minutes. Add garlic and cook for 30 seconds. Add ground beef and cook until browned, breaking it apart as it cooks. Drain any excess grease.
- 4 BUILD THE FLAVOR:**
Stir in tomato paste and cook for 1 minute. Add Worcestershire sauce, beef broth, thyme, rosemary, salt, and pepper. Stir to combine. Add mixed vegetables and simmer for 5–7 minutes, until slightly thickened.
- 5 ASSEMBLE:**
Preheat oven to 400°F (200°C). Spread the beef mixture evenly in a 9x13-inch baking dish. Spoon the mashed potatoes over the top and spread evenly. For extra flavor, sprinkle shredded cheddar cheese on top.
- 6 BAKE:**
Bake uncovered for 20–25 minutes, or until the top is golden and the filling is bubbling around the edges.
- 7 REST & SERVE:**
Let sit for 5–10 minutes before serving. Garnish with chopped parsley if desired.

Made with herbs. Made with heart. Made for you. ♥

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Cheryl's Tips

- For extra flavor, add a splash of red wine to the beef while it simmers.
- Swap ground beef for ground turkey or lamb for a twist.
- Make ahead and refrigerate—this tastes even better the next day!

From Cheryl

Shepherd's Pie is more than a meal—it's a warm hug on a plate. Simple ingredients, real food, and a little love make all the difference.

Enjoy with your people! ♥



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Live Herbal. Eat Well. Be Well.