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Everything. HERBAL

by Cheryl Jabz

Faith • Herbs • Health

IRISH SHEPHERD'S PIE

with Rosemary

Hearty • Comforting • A Taste of Ireland

A True
Taste of
Ireland!



Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

INGREDIENTS

FOR THE MEAT FILLING:

- 1 lb ground lamb (or beef)
- 1 Tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 1 celery stalk, diced
- 3 cloves garlic, minced
- 2 Tbsp tomato paste
- 1 cup beef broth
- 1 Tbsp Worcestershire sauce
- 1 Tbsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1 cup frozen peas

FOR THE MASHED POTATO TOPPING:

- 2 lbs potatoes, peeled and cubed
- ½ cup milk
- 4 Tbsp butter
- ¼ cup sour cream (optional for extra creaminess)
- 2 Tbsp fresh chives, chopped
- 1 tsp fresh rosemary, chopped
- Salt and pepper, to taste

DIRECTIONS

1. **Preheat Oven:** Preheat oven to 400°F (200°C).
2. **Cook the Meat:** In a large skillet, heat olive oil over medium heat. Add onion, carrots, and celery. Cook for 5–6 minutes until softened. Add garlic and cook 1 minute more. Add ground lamb (or beef) and cook until browned. Stir in tomato paste, broth, Worcestershire sauce, rosemary, thyme, salt, and pepper. Simmer for 10 minutes. Add peas and cook 2 more minutes. Remove from heat.
3. **Make the Mashed Potatoes:** Boil potatoes in salted water until tender (15–20 minutes). Drain and mash with milk, butter, sour cream (if using), chives, rosemary, salt, and pepper until smooth and creamy.
4. **Assemble:** Spread the meat mixture evenly in a baking dish. Spoon mashed potatoes over the top, spreading to the edges. Use a fork to create light ridges on the top for a golden finish.
5. **Bake:** Bake for 20–25 minutes, or until the top is golden brown and the filling is bubbling around the edges.
6. **Rest & Serve:** Let rest for 10 minutes before serving. Garnish with extra rosemary or chives if desired.

Serve hot and enjoy a true taste of Ireland!

MADE WITH SIMPLE INGREDIENTS



LAMB
(OR BEEF)



POTATOES



CARROTS



ONION



GARLIC



ROSEMARY



CHIVES



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

Everything.
HERBAL

by Cheryl Jabz

www.EverythingHerbalbyCherylJabz.com

Made with
Herbs
and
Irish Tradition



HERBS & THEIR BENEFITS



ROSEMARY

Supports digestion, boosts circulation and adds a warm, earthy flavor.



THYME

Rich in antioxidants and supports immune health.



PARSLEY

Provides vitamins A, C and K; supports overall wellness.



GARLIC

Naturally supports heart health and adds bold, hearty flavor.

RECIPE HIGHLIGHTS



A classic Irish comfort food made with tender meat, herbs and creamy mashed potatoes.



Perfect for family dinners, St. Patrick's Day, or any cozy night in.



Made with simple ingredients and lots of Irish love.



Make ahead and bake for a stress-free, satisfying meal.

