

MEALTIME HELPER

MAKING MEALTIME EASY

Shepherd's Pie - Shopping List

- **Produce**

- 2 lb (900 g) potatoes (Yukon Gold or Russet)
- 1 medium onion
- 2 carrots
- 2 celery stalks (optional)
- 3–4 garlic cloves
- Fresh parsley (small bunch, optional garnish)
- Optional: greens or salad ingredients for serving

- **Meat & Protein**

- 1½ lb (700 g) ground lamb (traditional) or ground beef

- **Dairy & Refrigeration**

- 4 tbsp (60 g) unsalted butter
- 1/3–1/2 cup (80–120 ml) milk or cream (adjust for mash)
- 1/4 cup (25–30 g) grated Parmesan or 1/2 cup shredded cheddar (optional topping)

- **Frozen & Canned**

- 1/2 cup (75–100 g) frozen peas
- 1/2 cup (75–100 g) frozen corn (optional)

- **Pantry & Seasonings**

- 2 tbsp tomato paste
- 1 cup (240 ml) beef or lamb stock (or stock concentrate / bouillon)
- 1 tbsp Worcestershire sauce
- 1 tsp fresh thyme or 1/2 tsp dried thyme
- 1–2 tbsp all-purpose flour (optional, to thicken)
- Kosher salt & freshly ground black pepper
- Olive oil (1 tbsp, for sautéing)

Notes:

- If you don't have stock, use water + bouillon.
- Quantities for optional items (celery, corn, cheese) depend on preference.