

Shepherd's Pie

2 Pounds ground meat
1 tablespoon oil
1 onion, finely chopped
2 carrots, finely chopped

1 tablespoon tomato paste

1 tablespoon flour
1 cup beef broth
1 cup mixed vegetables
5 medium potatoes, boiled and
mashed
1 tablespoon butter

Brown lamb in oil, discard excess fat. Stir in onions and carrots and continue cooking for 5 minutes. Add tomato paste, flour and broth. Add cooked vegetables. Place in casserole, top with mashed potatoes and dot with butter.

Place uncovered in 350° oven for 30 minutes.