

Our State eats

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Carolina Shepherd's Pie

Yield: 6 to 8 servings.

- 1 tablespoon butter
- 1 tablespoon diced onion
- 4 large sweet potatoes, baked, peeled, and mashed
- 4 ounces cream cheese, softened
- Salt and freshly ground black pepper to taste
- 3 medium carrots, chopped
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- ½ teaspoon fresh thyme leaves
- 1 pound lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup beef broth
- ½ cup frozen sweet peas

In a heavy saucepan, melt butter on low heat. Add 1 tablespoon diced onion and sauté until translucent. Stir in sweet potatoes and cream cheese and mash until smooth. Remove from heat, season with salt and pepper, and set aside.



Bring a pot of salted water to a boil. Add carrots and cook until tender yet firm, about 10 minutes. Drain and set aside. Preheat oven to 375°.

Heat oil in a large frying pan. Add chopped onion and cook until translucent. Add garlic, thyme, and ground beef, and cook until beef is browned. Drain excess fat, then stir in flour and cook for 1 minute. Add

tomato paste and beef broth. Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in peas.

Spread the ground beef mixture in an even layer on the bottom of a 2-quart casserole dish. Next, layer the carrots. Top with the mashed potato mixture. Bake for 30 minutes or until lightly browned.

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