

# COTTAGE PIE

## INGREDIENTS:

### FILLING:

- 1 pound ground beef (93% lean) or turkey
- 1 tablespoon extra virgin olive oil
- 1 large onion, diced
- 2 large carrots, diced
- 1 large celery stalk, diced
- 8 ounces mushrooms (e.g., cremini) diced
- 2 large cloves garlic, minced
- ½ tablespoon fresh thyme (or ½ teaspoon dried)
- 1 tablespoon fresh rosemary, chopped
- 1 dried bay leaf
- ½ teaspoon fine sea salt
- ½ teaspoon black pepper
- 1 cup frozen peas
- 1 cup low-sodium beef, chicken, or vegetable broth\*\*
- ¼ cup fresh parsley, chopped (for garnish)

### TOPPING:

- 1 ½ pounds russet potatoes, scrubbed and cut into 2"x2" pieces
- 2 cups cauliflower florets, cut into 2"x2" pieces
- ½ cup low- or reduced-fat milk
- 2 tablespoons extra virgin olive oil
- ¾ teaspoon fine sea salt
- ¼ teaspoon black pepper



## DIRECTIONS:

1. Preheat the oven to 350°F. Arrange the potato pieces in a steamer basket and steam for 10 minutes. Add cauliflower to the basket and cook another 15 minutes, until all pieces are tender when pierced with a knife. Transfer to a metal or ceramic bowl and mash with a potato masher or paddle attachment of a mixer until smooth.
2. In a small saucepan or in the microwave, heat the milk and whisk in olive oil, ¾ teaspoon salt, and ¼ teaspoon pepper. Stir into the potato mixture.
3. Add meat to a large skillet and cook over medium heat, stirring occasionally, until brown, up to 5 minutes. Transfer meat to a plate and wipe away any fat remaining in skillet.
4. Heat olive oil in a large skillet over medium heat. Add the onion, carrots, and celery, and sauté until they begin to soften, about 4 minutes. Raise heat to medium-high and add mushrooms, garlic, thyme, rosemary, bay leaf, ½ teaspoon salt, and ½ teaspoon pepper. Stir occasionally and cook until mushrooms are soft and their liquid has evaporated, up to 10 minutes. Remove bay leaf.
5. Return meat to the pan and stir in broth. Bring to a simmer, then add peas. Stir to combine and pour mixture into a 9"x13" or 3-quart oval baking dish.
6. Spread the potato mixture on top of the meat, set baking dish on baking sheet (to catch any liquid that might spill over), and bake until juices bubble and the top is lightly browned, about 25 minutes, or longer if needed.
7. Remove from the oven, garnish with parsley, and serve warm.

1 HOUR 20 MIN | SERVES 6 |

#### Nutrition Facts

376 calories | 13g fat | 4g saturated fat | 670mg sodium  
| 41g carbohydrate | 6g fiber | 11g sugar | 23g protein