MY ANTI-INFLAMMATORY LIFE

GLUTEN-FREE / DAIRY-FREE / DINNER

Cottage Pie



A hearty shepherd's pie-style dinner with 2 lb of 96% lean ground beef.

6 generous servings
Prep 20 min | Cook 55 min
Rest 15 min | Total about 90 min

Ingredients

Beef and vegetable filling

2 tablespoons olive oil

1 cup yellow onion (chopped)

2 lb 96% lean ground beef

2 teaspoons dried parsley

1 teaspoon dried rosemary

1 teaspoon dried thyme

1/2 teaspoon salt (plus more to taste)

1/2 teaspoon black pepper

1 tablespoon Worcestershire sauce (labeled gluten-free and dairy-free)

2 cloves garlic (minced)

2 tablespoons gluten-free 1:1 all-purpose flour blend

2 tablespoons tomato paste

1 cup beef broth (gluten-free and dairy-free; add up to 1/2 cup more if needed)

1 cup frozen peas and carrots

1/2 cup frozen corn

Dairy-free potato topping

2 lb russet potatoes (peeled and cut into 1-inch pieces)

8 tablespoons dairy-free plant butter

1/3 cup unsweetened, unflavored dairy-free milk (plus a splash as needed; certified gluten-free if using oat milk)

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 cup dairy-free Parmesan-style cheese (finely grated; labeled gluten-free)

COOKING DIRECTIONS

Make your cottage pie

1. Prepare the potatoes. Heat the oven to 400°F. Set out a 9-by-13-inch baking dish. Place the potatoes in a large pot, cover with water and bring to a boil. Reduce to a steady simmer and cook for 10-15 minutes, until fork-tender.

2. Soften the onion. While the potatoes cook, heat the olive oil in a large deep skillet over medium-high heat. Add the onion and cook for about 5 minutes, stirring, until softened.

3. Cook the lean beef. Add the 2 lb of 96% lean ground beef, parsley, rosemary, thyme, salt and pepper. Break the meat into crumbles and cook for about 8-12 minutes, until cooked through and a food thermometer reads 160°F. Work in batches if the skillet is crowded, then return all the beef to the pan.

4. Build the gravy. Stir in the Worcestershire sauce and garlic; cook for 1 minute. Add the gluten-free flour and tomato paste. Stir well and cook for 1 minute more.

5. Add the vegetables. Stir in 1 cup of broth, the peas and carrots, and corn. Simmer for about 5 minutes, stirring, until thick and saucy. Add up to 1/2 cup more broth, a little at a time, if the filling looks dry.

6. Mash the potatoes. Drain the tender potatoes and return them to the warm pot for 1 minute. Mash with the dairy-free butter, dairy-free milk, garlic powder, salt and pepper. Fold in the dairy-free Parmesan-style cheese. Add a splash of milk if needed to make the topping easy to spread.

7. Assemble. Spread the beef filling evenly in the baking dish. Spoon the mashed potatoes over the filling and spread to the edges. Set the dish on a rimmed baking sheet to catch any drips.

8. Bake and rest. Bake uncovered for 25-30 minutes, until the filling bubbles at the edges and the topping is hot throughout. Rest for 15 minutes, then divide into 6 generous servings.

Ingredient notes

Choose gluten-free and dairy-free Worcestershire sauce, broth, flour, plant butter and Parmesan-style cheese. Use unsweetened, unflavored plant milk; choose certified gluten-free oat milk if using oats. Lactose-free dairy is not dairy-free. Nutrition has not been calculated for this adaptation.

Adapted from Amanda Finks' Best Classic Shepherd's Pie Recipe, The Wholesome Dish, with lean beef and gluten-free, dairy-free substitutions.

Ground beef temperature: USDA safe minimum temperature guidance.