Mushroom Shepherd’s Pie
with carrots and Parmesan

NUTRITION per serving–Calories: 514, Carbohydrates: 52g, Fat: 29g, Protein: 13g, Sodium: 1247mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time: 35-45 min.  Cook Within: 7 days  Difficulty Level: Easy  Spice Level: Not Spicy

In your box
1 oz. Grated Parmesan Cheese
1 Russet Potato
1 Yellow Onion
6 oz. Cremini Mushrooms
2 Celery Stalks
2 oz. Sour Cream
1 oz. Butter
3 oz. Matchstick Carrots
1 Tbsp. Tomato Paste
½ oz. Flour

CONTAINS milk, wheat
Prepare the Ingredients

- Peel and cut potato into 1” dice.
- Halve and peel onion. Cut halves into ¼” dice.
- Cut mushrooms into ¼” slices.
- Trim ends off celery and cut into ½” dice.

Finish the Filling

- Sprinkle flour over vegetables in pan and stir until thoroughly incorporated, 45-90 seconds.
- Add 1½ cup water and stir occasionally until slightly thickened, 3-5 minutes.
- Remove from burner.

Make the Mashed Potato

- Bring a medium pot with potato covered by lightly salted water to a boil. Cook until tender, 18-20 minutes.
- Drain in a colander and return to pot. Add sour cream, butter, half the cheese (reserve remaining for topping), and ¼ tsp. salt. Mash until smooth.
- While potato boils, cook filling.

Start the Filling

- Place a large non-stick pan over medium-high heat and add 4 tsp. olive oil. Add onion, mushrooms, celery, ½ tsp. salt, and a pinch of pepper to hot pan. Stir occasionally until vegetables are softened, 6-8 minutes.
- Add matchstick carrots and tomato paste. Stir until combined, 1 minute.

Bake the Pie

- Transfer filling to prepared casserole dish and place on prepared baking sheet to catch any drips. For best results, use either a 4-cup casserole dish or 8” cast iron skillet.
- Top with mashed potato and remaining cheese. Bake until golden brown, 10-12 minutes.
- Serve family-style. Bon appétit!