

## Beef Shepherd's Pie

See Ingredients for Meals notes about mashed potato choice.

When you assemble this meal, make sure you add the amount of water you need for the potatoes to the On Trail Instructions!!

See Making Sauces and Gravy for options about the gravy for this.

This will make a full cozy, about 4 Cups of food

AT HOME:

### Bag 1:

Dried mashed potatoes – choose your serving size and reconstitute following the package directions (remember, the cozy holds 4 cups – the stew will make almost 2 cups – probably don't want more than 2 C mashed potatoes – which is 4 servings according to box directions for most mashers)

1.5 Tbsp Whole Milk Powder

2 Tbsp Butter Powder

1 – 2 Tbsp Sour Cream Powder (optional, but yum)

½ Tsp salt

### Bag 2:

1/3 Cup FD ground beef

½ C mixed veggies like carrot, broccoli, cauliflower, onion, tomato, mushroom, corn, peas, green beans

Scant 3 TBSP DIY beef gravy powder, see notes (or 1 packet store bought)

2 Tsp mushroom powder

2 Tsp tomato powder

2 Tsp nutritional yeast (optional, but maybe add a little extra bullion if not using)

rosemary, thyme, S&P (how much depends on how much is in your gravy mix)

ON TRAIL:

Prepare your mashed potatoes in your cozy, determining water amount from your brand instructions. Don't forget to remove the container from the cozy and LOOK to make sure ALL the powdered potatoes have been stirred in. I always miss some.

Put the contents of Bag 2 in your pan, add 1.5 – 1.75 CUPS water, bring to a boil. Turn down the heat and cook, stirring, for 1-2 minutes – the gravy should start to thicken. Pour the contents over the mashed potatoes in the cozy. Let sit 10 minutes.

Technically, you can do this meal all in one step, I just don't like it that way. The gravy may not thicken very much and depending on your vegetables, it may need to sit for a while in the cozy before they get soft. Also, on these large meals, it's hard to get things well mixed when the cozy is completely full of food. But you could try boiling all the water and adding it to the contents of both bags in your cozy. It would save you some time and you wouldn't have to wash the pan.