



Elliott Evans Nutrition, LLC
Prevent and Protect
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COTTAGE PIE

REALSIMPLE.COM - MARCH 2012

- 3 pounds new potatoes (about 30)**
- Kosher salt and black pepper**
- 1 cup whole milk**
- 4 tablespoons unsalted butter**
- 2 tablespoons olive oil**
- 1 pound frozen pearl onions, thawed**
- 1 ½ pounds lean ground beef chuck**
- ¼ cup tomato paste**
- 1 tablespoon Worcestershire sauce**
- ¼ cup all-purpose flour**
- 2 cups low-sodium chicken broth**
- 1 medium butternut squash (about 2 pounds), peeled and cut into ¾-inch pieces**
- 1 cup of frozen peas**

- **Heat oven to 350 degrees. Place the potatoes in a large pot, add enough cold water to cover by 1 inch, and bring to a boil. Add 1 teaspoon salt, reduce heat, and simmer until tender, 15-18 minutes. Drain and return the potatoes to the pot; add the milk, butter, ½ teaspoon salt, and ¼ teaspoon pepper and mash.**
- **Meanwhile, heat 1 tablespoon of the oil in a 5-to-6 quart Dutch oven over medium-high heat. Add the onions and cook, stirring often, until beginning to soften, 4-6 minutes; transfer to a medium bowl.**
- **Heat the remaining tablespoon of oil in the Dutch oven. Add the beef, ½ teaspoon salt, and ¼ teaspoon pepper and cook, breaking the beef up with a spoon, until no longer pink, 4-6 minutes; mix in the tomato sauce. Sprinkle with flour and cook, stirring for 1 minute. Add the broth, squash, peas, and onions and bring to a simmer.**
- **Transfer the beef mixture to a 9-by-13-inch or some other 3-quart baking dish and top with the potatoes.**
- **Bake until the potatoes are lightly golden, the filling is bubbling, and the squash is tender, 40-45 minutes. Let cool for 5 minutes before serving.**