



# SHEPHERDS PIE SOUP

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## INGREDIENTS

- 1 lb ground beef
- 4 large russet potatoes or to 2 lbs, peeled and cut into thirds
- $\frac{3}{4}$  tsp salt
- $\frac{3}{4}$  cup sour cream
- 3 Tbsp butter, divided
- 1 onion
- 3 cloves garlic, minced
- $\frac{1}{4}$  cup flour
- 3 cups chicken broth
- 2 cups half and half
- $\frac{3}{4}$  tsp Worcestershire sauce
- 2  $\frac{1}{2}$  cups shredded cheddar cheese
- 1  $\frac{1}{2}$  cups mixed frozen vegetables
- salt or pepper, to taste

## DIRECTIONS

1. In a stock pot, brown the ground beef until cooked. Drain off grease. Remove the ground beef from the pot and set aside.
2. In another pot, add the potatoes and cover with 1 inch of water. Add the salt  $\frac{3}{4}$  tsp salt and bring to a boil. Cook for 10-15 minutes or until very fork tender. Drain and then mash with 1 Tablespoon of butter and the sour cream. Set aside.
3. In the same pot you cooked the beef, melt the remaining 2 Tablespoons of butter over medium heat. Add the onions and cook until softened, about 5 minutes. Add the garlic and cook for 1 more minute.
4. Whisk in flour, and stir as for 1 full minute to remove the raw flour taste. Add the chicken broth. Loosen any beef remnants from the bottom of the pot.
5. Add the Worcestershire sauce and slowly add the half and half. Bring to a boil, then reduce to a simmer.
6. Stir in the mashed potatoes until well combined with the broth. If desired, use an immersion blender to blend until creamy.
7. Add the cooked ground beef and frozen vegetables and allow them to heat through about 5 minutes.
8. Remove from heat. Gradually mix in the shredded cheese until combined. The soup will continue to thicken more as it sits. Season with salt and pepper to taste. Serves 6-8.



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## SHOPPING LIST

- 4 large russet potatoes  
or to 2 lbs
- tsp salt
- pepper
- cup sour cream
- butter
- onion
- garlic, minced
- flour
- chicken broth
- half and half
- Worcestershire sauce
- shredded cheddar  
cheese
- mixed frozen  
vegetables

## SIDE OPTIONS

- corn salad
- baked beans
- asparagus or peas