

# Bay Laurel Beef Stew Shepherd's Pie



**Chef: Crystal Wahpepah**

**Region: Western/Southwestern**

**Serves 4-6**

## **Ingredients**

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- 5 bay laurel leaves, fresh, foraged
- **1 can beef stew**
- **4 cups instant mashed potatoes**
- **3 ½ cups water**
- **1lb of ground beef**

**Boldfaced items are available through the FDPIR Foods Available List or through USDA DoD Fresh Program.**

## **Instructions** -

1. Preheat oven to 350 degrees
2. Add ground beef to saucepan, brown over medium heat
3. Once beef has fully browned, add 1 can stew meat and bay laurel leaves to saucepan
4. Let mixture simmer for 30 minutes.
5. While the stew is simmering, in a mixing bowl add 3 ½ cups of water to instant mashed potatoes and stir until fully combined. Add additional water as necessary to reach desired thinness. Season mashed potatoes as desired. Set aside.
6. After the stew has simmered for 30 minutes remove the bay laurel leaves from the saucepan.
7. Pour the stew mixture into a baking dish.
8. Spread mashed potatoes evenly over stew mixture
9. Bake for 20 mins on 350 until the mashed potatoes start to brown on top.
10. Let cool briefly before serving.

Serve hot.

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