



## SHEPHERD'S PIE

by 3219 Eat at Encompass Community Services

Encompass Community Services is a not-for-profit organisation providing disability support and Community Services to people of all abilities in the Geelong community.

Earlier this year, **Encompass received a \$6,000 grant from the Give Where You Live Foundation to support their Homestart Material Aid program**, to provide families and individuals experiencing immediate crisis with basic household goods.

3219 Eat is a proud partner of the Community Choice program, helping to bring the dignity of choice to people accessing food relief.

**encompass**  
community services



# SHEPHERD'S PIE

## Recipe provided by Encompass Community Services

Shepherd's Pie is a traditional English dish made of a meat sauce topped with mashed potato.

Popular since the late 18th century, Shepherd's Pie was a staple in English culture, with families often using the leftover meat from their Sunday roasts to form the base of their pies.

### INGREDIENTS

1 brown onion, diced  
2 garlic cloves, diced  
300-400g mince steak  
1 tin of diced tomatoes  
1 small bag (250-300 g) of diced vegie mix. Can use fresh just dice carrots, broccoli, celery, red/green capsicum, sweet corn, peas whatever vegies you have)  
2 Beef stock cubes  
A good squirt of tomato sauce and BBQ sauce( ½ cup each )  
2 desert spoon sugar

400c potatoes, peeled and diced  
Butter  
Milk

- 1 Fry, in a desert spoon of oil, your diced brown onion and garlic.

Add 300-400gms mince steak  
Keep frying until the mince is a grey colour and cooked through.  
Break the mince up with the spoon when you are cooking it.

- 4 Now put meat mixture in a baking pan or casserole dish.

Top with the mash potatoes  
sprinkle some grated cheese on top.

- 2 Add 1 tin of diced tomatoes, diced vegie mix, crumbled stock cubes, a good squirt of tomato sauce and BBQ sauce and sugar.

Cook on low heat to cook about 15-20 min.

- 5 Cook in oven for about 45 min on 180 until cooked

**Serve on its own with some crusty bread to soak up the yummy sauce. Enjoy !**

- 3 In a separate pot cook potatoes covered in salted water until soft.

Drain water and mash.

Add butter and milk and season to taste and mash again.  
You want a quite smooth wet mash not runny but quite sloppy.



Scan to donate

Thank you for helping make sure nobody in our community goes hungry



### APPEAL PARTNERS

goopDIGITAL

THE  
MULBERRY  
GROUP

the  
Gordon

VIVA  
EnergyAustralia

K  
ROCK 95.5

bay  
93.9

Geelong  
Advertiser