

GIVE WHERE YOU LIVE FOUNDATION

**FEED
GEELONG**
APPEAL



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.

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

