

# Beef Shepherds Pie

Meat/Meat Alternate-Vegetable

Main Dishes

D-43

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, diced OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2. Add onions to ground beef and sauté for 5 minutes or until translucent.
Frozen sliced carrots AND Frozen peas	2 lb 6 oz AND 2 lb 6 oz	2 qt ½ cup AND 1 qt 3 ½ cups	4 lb 12 oz AND 4 lb 12 oz	1 gal 1 cup AND 3 qt 3 cups	3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
OR Frozen mixed vegetables	OR 6 lb 1 oz	OR 3 qt 2 ¾ cups	OR 12 lb 2 oz	OR 1 gal 3 ⅝ qt	
Beef stock, non-MSG		2 qt		1 gal	4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5.
Cornstarch	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	
Water, cold		1 cup		2 cups	
Dried thyme		1 Tbsp		2 Tbsp	5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
					6. Add gravy to ground beef mixture.
					7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water, boiling		1 qt 2 cups		3 qt	8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well blended.
Lowfat 1% milk, hot		1 qt 2 cups		3 qt	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Potato flakes	2 lb	1 gal 2 cups	4 lb	2 gal 1 qt	
Salt		2 ½ tsp		1 Tbsp 2 tsp	

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Paprika	1 tsp	2 tsp	9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.
			10. Bake: Conventional oven: 375° F for 45 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
			11. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

### YIELD:

**50 Servings:** about 25 lb

### VOLUME:

**50 Servings:** 2 steamtable pans

### Additional portion sizes

1-2 year olds - 1/2 piece provides 1 oz M/MA and 3/8 cup of vegetables

3-5 year olds - 3/4 piece provides 1.5 oz M/MA and 1/2 cup vegetables

**100 Servings:** about 50 lb

**100 Servings:** 4 steamtable pans

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TC 12/2/2016

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## Nutrients Per Serving

<b>Calories</b>	294	<b>Saturated Fat</b>	5.09 g	<b>Iron</b>	2.43 mg
<b>Protein</b>	19.48 g	<b>Cholesterol</b>	52 mg	<b>Calcium</b>	73 mg
<b>Carbohydrate</b>	23.77 g	<b>Vitamin A</b>	3969 IU	<b>Sodium</b>	442 mg
<b>Total Fat</b>	13.24 g	<b>Vitamin C</b>	18.4 mg	<b>Dietary Fiber</b>	3.3 g