

# Create your own Cottage Pie

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## Create You Own Cottage Pie

### ***Protein (2 cups)***

- Ground beef, turkey, pork, chicken, lamb, etc.
- Canned lentils
- Canned beans (black beans, kidney beans, Garbanzo beans)
- Tofu Ground round

### ***Vegetables (2 cups)***

- onions
- garlic
- frozen mixed vegetables
- peas
- carrots
- leeks
- corn
- green beans
- bell peppers
- zucchini
- turnips
- diced tomatoes

### ***Sauce***

- 1 1/2 cup broth (beef, chicken, vegetable) and 1 1/2 tbsp. flour

OR

- 19 oz can crushed tomatoes and 1 tsp brown sugar

### ***Seasonings***

- Thyme
- Italian (oregano, basil)
- Mexican (cumin, chili powder)
- Greek (oregano, lemon zest)
- Moroccan (ginger, turmeric, cinnamon)

### ***Topping (3-4 cups)***

- Mashed Potatoes\*
- Mashed Sweet Potatoes
- Mashed Butternut Squash
- Mashed Cauliflower
- [Perogies](#)
- Gnocchi
- Hashbrowns

***Garnish (optional)***

- paprika
- parsley
- parmesan cheese
- chives

***Instructions:***

1. Cook up your protein and veggies in a large skillet until the veggies have softened and meat has browned (if using meat). Drain off any excess fat/liquid.
2. For broth sauce, sprinkle veggies and protein with flour and stir together, then add broth and continue to stir over high heat until thickened.
3. For tomato sauce, simply add crushed tomatoes and brown sugar to the veggies and protein, and mix well.
4. Add your seasonings and salt, to taste.
5. For the topping, if using mashed vegetables, cook them until soft and mash them up. Add a little butter and milk until creamy (sour cream or Greek yogurt works well too). Season with salt and pepper, to taste. You can also add some onion or garlic powder for more flavour.
6. Pour the veggie and protein mixture into a casserole dish.
7. Spread topping over top of veggies and protein.
8. Sprinkle with garnish, if desired.
9. Bake at 375F for about 30 minutes, until the mixture is bubbling around the edges.

\*You can use instant mashed potatoes for a quicker meal.