

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



THIS RECIPE CAN BE DOUBLED WITH EASE AND PAIRS NICELY WITH A TOSSED GARDEN SALAD.

Ingredients:

Meat Filling

- 2 Tbsp. olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef (or ground lamb)
- 2 tsp. dried parsley leaves
- 1 tsp. dried rosemary leaves
- 1 tsp. dried thyme leaves
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 Tbsp. Worcestershire sauce
- 2 garlic cloves, minced
- 2 Tbsp. all purpose flour
- 2 Tbsp. tomato paste
- 1 cup beef broth
- 1 cup frozen mixed peas & carrots
- ½ cup frozen corn kernels

Potato Topping

- 1½ - 2 lb. russet potatoes, about 6-8 medium potatoes peeled and cut into 1 inch cubes
- 8 Tbsp. unsalted butter (1 stick)
- 1/3 cup half & half
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. ground black pepper
- ¼ cup parmesan cheese

Classic Shepherd's Pie

Directions:

Make the meat filling

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add the ground beef (or ground lamb) to the skillet and break it apart. Add the parsley, rosemary, thyme, salt, and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. In a bowl, add flour and tomato paste to beef broth. Stir until well incorporated and no clumps.
5. Add the broth mixture, frozen peas and carrots, and frozen corn. Bring mixture to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400°F.

Make the potato topping

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

(Continued on page 2)

Shepherd's Pie cont...

Assemble the casserole

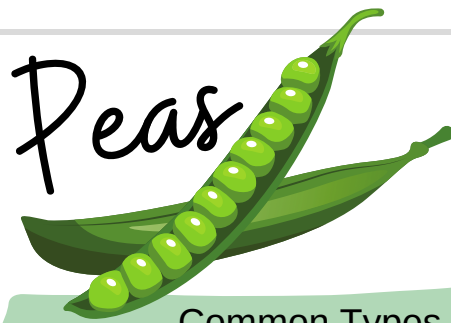
1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. Remove and let cool for 15 minutes before serving.

Eat what's in season...

Although the common types resemble each other, there are a few differences between these legumes. All varieties are climbing plants that can be grown in containers or small garden areas.

Garden peas are the peas you typically see canned or in the freezer section that are removed (shelled) from the pod. These peas are best when immature and fully expanded, but not hard. They can be enjoyed raw or cooked and are commonly found in casseroles, soups, and salads.

Snow and Sugar Snap varieties can both be eaten raw or cooked. The whole pod is eaten with these types which adds a crunchy texture to dishes. Snow peas tend to be flatter and offer milder flavors than sugar snap varieties. These peas are less starchy than garden peas and can be added to salads, fried, stir-fried, steamed, or roasted.



Common Types -
Garden/Sweet/English, Sugar Snap,
Snow

Taco Sloppy Joes

Ingredients:

Sloppy Joes

- 1 lb. lean ground beef**
- 1 medium onion, chopped**
- 2 cloves garlic, minced**
- 1 packet taco seasoning**
- 1 cup chunky salsa**
- ¼ cup water**
- buns, for serving**

Toppings (optional)

- shredded Mexican blend cheese, shredded lettuce, diced tomato, diced avocado or guacamole, sour cream**



Directions:

1. Brown ground beef, chopped onion, and garlic in a large skillet over medium high heat. Drain grease and add the taco seasoning, salsa and up to ¼ cup of water to achieve desired consistency.
2. Reduce heat to medium low and cook for about 5 more minutes until mixture has thickened and is heated through.
3. Serve on hamburgers buns and add desired toppings such as shredded cheese, shredded lettuce, diced tomato, avocado, guacamole, or sour cream.

Side Dish Spotlight

Here are a few recipes that feature snap peas. Snap peas are a cross between snow peas and garden peas. They tend to offer a sweeter flavor than other types of peas. You can purchase them fresh in-season or frozen in off-seasons.



Sugar Snap Pea Salad with Radishes, Mint and Feta

- ¾ cup sliced radishes
- 4 ounces sugar snap peas, sliced (about 1 ¼ cups)
- 4 ounces Feta cheese, crumbled (about 1 cup)
- ½ bunch mint leaves, torn (about 1/3 cup)
- 1 clove garlic, minced
- Pinch salt, more to taste
- 1 Tbsp. freshly squeezed lemon juice
- 1 tsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- Ground black pepper to taste

In a large bowl, toss together the radishes, peas, feta and mint.

In a small bowl, mix garlic and salt together. Add lemon juice and balsamic vinegar and stir well to combine. Drizzle in the olive oil, stirring constantly, and add pepper to taste.

Pour dressing over salad and toss well to combine. Taste and add more salt and pepper if necessary.

Snap Pea Relish

- 1 cup chopped sugar snap peas (about 3 oz.)
- ¼ cup diced Vidalia or other sweet onion
- 1 Tbsp. olive oil
- 1 ½ tsp. red wine vinegar
- ½ tsp. salt
- ¼ tsp. black pepper

Combine snap peas, onion, oil, vinegar, salt, and pepper in a bowl. Let stand 10 minutes.

This relish makes a great topping for seafood cakes or vegetable fritters.



Sesame Ginger Snap Peas

- 1 Tbsp. olive oil
- 1 clove garlic
- 1 tsp. fresh ginger, shredded
- 3 cups snap peas
- 1 Tbsp. soy sauce
- 1 Tbsp. toasted sesame seeds
- ½ tsp. sesame oil

Heat olive oil in a pan over medium heat. Add garlic and ginger and cook just until fragrant, about 1 minute. Add in snap peas and soy sauce. Cook 4-6 minutes, stirring occasionally until snap peas are tender crisp. Remove from heat and toss with sesame seeds and sesame oil.

Selection, Handling, & Storage

When shopping for **ground sausage, lamb or beef**, choose a package that feels cold and is not torn. Avoid selecting meats that have taken on a grey color, appear slimy, or have a tangy or putrid odor. Carefully read product labels and check for "best before" dates. Make raw meats one of the last items in the cart to ensure that you keep the product out of the temperature danger zone (40° - 140° F), avoiding the potential for harmful bacteria growth. Always store cooked and raw meats separate. Cook or freeze raw ground meats within 2 days of purchasing. To destroy harmful bacteria, cook ground sausage, lamb, or beef to a minimum internal temperature of 160° F.

Select **garden peas** when the pods look full, but the shell is still green and shiny. For best results, peas should be harvested as close to preparation and consumption as possible. Peas should be firm and bright green. Avoid peas that appear shriveled or dried. **Edible-pod peas** (i.e. snow and sugar snap types mentioned on pg. 2) should be bright green, semi-flat (not too full/mature), and tender. Edible-pod peas can be stored in a vegetable crisper up to 3 days, while fresh-shelled garden peas can be stored up to 7 days in the refrigerator. Wash peas thoroughly in cold water before consuming raw or cooked. To shell garden peas, simply open the pod along the seam, remove peas, rinse peas, and discard pods. Garden peas can be canned or frozen (up to 1 year) for longer storage. Edible-pod peas can be frozen (up to 1 year) but not canned. Peas can be eaten raw or cooked, depending on the dish or consumer's preference. Peas can adapt to different cooking methods. Simmering in soups and casseroles for extended periods of time (at least 60 minutes) will result in softer peas while 2-3 minutes of steaming or sautéing will yield more crunchy edible-pod peas.

Nutrient Profile: Magnesium

Magnesium is a mineral that assists over 300 enzymes in our bodies to carry out chemical reactions needed for building proteins, strong bones, maintaining blood sugar, blood pressure, and support muscles and nerve functions. Magnesium has an electrical function in our body that contracts muscles, including the muscles that keep our heart beating steadily. Half of the magnesium is stored in our bones while the rest is spread throughout the remaining tissues in our body.



Food Sources: almonds, peanuts, cashews, pumpkin seeds, peanut butter, beans, soy milk, cooked spinach, white potatoes with skin, brown rice, oatmeal, salmon, beef, poultry, banana, milk, yogurt, raisins

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