

Main Dishes

Beef

Shepherd's Pie (Hamburger Hash)

I made many meals for my boys using this recipe. It is very " Pennsylvania Dutch" and I learned to make it from Wally's Mother, Elsie Hieter.

1-1/2 pounds ground beef
2 Tbs. onion, chopped
6 Tbs. all-purpose flour
3 cups water
1 Tb. Worcestershire sauce
dash of salt and pepper

MASHED POTATOES

5 medium potatoes, peeled and halved
1 Tb. butter
1/4 cup regular, skim or evaporated milk
dash of salt and pepper



In a skillet on medium heat, brown ground beef. Drain off fat. Add onion and cook until onion is tender; stirring occasionally. Add flour and brown slightly. Add water to mixture, stirring constantly until mixture boils and thickens. If too thick add more water; if too thin boil to thicken. Add Worcestershire sauce, salt and pepper.

MASHED POTATOES

Meanwhile in a 4-quart pan over medium-high heat; cover potatoes with water and bring to a boil. Boil potatoes for 30 minutes or until potatoes are tender. Use a knife and puncture a potato to check for doneness.

Drain. Mash potatoes with a potato masher or electric mixture. Add milk gradually until potatoes are firm but not watery. Because there are many different varieties of potatoes it is important to only add enough milk to blend the potatoes. Add butter, salt and pepper.

Yield: 4 to 6 servings.

Serve mashed potatoes with the ground beef on top.

Meal Plan: Hamburger Hash, Mashed potatoes, Succotash, Red Beet Eggs, and Endive Bacon Salad.