

Cottage Pie Soup

Adapted from closetcooking.com



MASHED POTATOES:

3/4 pound potatoes, peeled and diced

2 tablespoons butter

COTTAGE SOUP:

2 tablespoons EVOO

1 cup onion, diced

1 cup celery, chopped

1 cup carrots, diced

2 cloves garlic, chopped

1 pound ground beef, or lamb, or meat substitute

3 tablespoons tomato paste

8 ounces mushrooms, chopped, mixed variety

4 cups low sodium beef broth

3/4 pound potatoes, peeled and cubed (yes, this is listed twice)

2 tablespoons Worcestershire sauce

2 teaspoons rosemary

2 teaspoons thyme

2 bay leaves

1 cup cheddar cheese, shredded

1 cup frozen peas

salt and pepper to taste

More grated cheddar and chopped Italian parsley for garnish

Per Serving (excluding unknown items): 484

Calories; 29g Fat (52.7% calories from fat);

26g Protein; 32g Carbohydrate; 5g Dietary

Fiber; 86mg Cholesterol; 703mg Sodium; 7g

Total Sugars; trace Vitamin D; 307mg

Calcium; 3mg Iron; 1101mg Potassium;

411mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 7

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

1. **MASHED POTATOES:** Place the potatoes in a pot, cover with water, bring to a boil and cook until tender, about 15-20 minutes. When they're tender, drain them, mash with a potato masher (or mixer), then add butter. Add half of the low sodium beef broth and mix thoroughly. Set aside.

2. **SOUP:** Meanwhile, cook the beef, onions, celery and carrots in a large saucepan over medium-high heat, breaking the beef apart as it cooks, until the beef is cooked through, and drain off any excess grease. Add the mushrooms, garlic and tomato paste to the beef and cook until fragrant, about a minute.

3. Add remaining half of the broth, the uncooked cubed potatoes, Worcestershire sauce, rosemary, thyme and bay leaves to the soup. Bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10-15 minutes.

4. When the diced potatoes in the soup are tender, add the mashed potatoes, grated cheddar and let it melt into the soup, about 2 minutes, until it's just heated through. Add the peas and heat, about 1 minute. Season with salt and pepper to taste. Serve with more grated cheddar and some Italian parsley chopped on top.