

Gluten-Free Cottage Pie

Servings: 6

Prep time: 20 minutes

Cook time: 1 hour

Ingredients:

For the Meat Filling:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 lb ground beef (or lamb)
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 cup beef broth (gluten-free)
- 1 tablespoon gluten-free Worcestershire sauce (check label)
- 1/2 cup frozen peas
- Salt and pepper to taste

For the Potato Topping:

- 2 lbs russet potatoes, peeled and cubed
- 1/2 cup milk (dairy or non-dairy)
- 4 tablespoons butter (or dairy-free butter)
- Salt and pepper to taste
- 1/2 cup shredded cheddar cheese (optional)

Directions:

Step 1

Prepare the Meat Filling: Heat olive oil in a large skillet or Dutch oven over medium heat. Add onion, carrots, and celery and cook until softened, about 5-7 minutes. Add ground beef and cook, breaking it up with a spoon, until browned. Drain off any excess grease.

Step 2

Add Aromatics and Simmer: Add garlic, thyme, and rosemary. Cook for 1 minute more, stirring constantly. Stir in beef broth and gluten-free Worcestershire sauce. Bring to a simmer, then reduce heat to low, cover, and simmer for 20-25 minutes, or until the sauce has thickened slightly. Stir in frozen peas during the last few minutes of cooking. Season with salt and pepper to taste.

Step 3

Prepare the Potato Topping: While the meat filling is simmering, boil the potatoes until tender, about 15-20 minutes. Drain the potatoes and return them to the pot. Mash the potatoes with milk and butter until smooth and creamy. Season with salt and pepper to taste.

Step 4

Assemble the Cottage Pie: Preheat oven to 375°F (190°C). Transfer the meat filling to a large oven-safe baking dish. Spread the mashed potatoes evenly over the meat filling. If desired, sprinkle with shredded cheddar cheese.

Step 5

Bake: Bake for 25-30 minutes, or until the potato topping is golden brown and the filling is bubbly.

Step 6

Serve: Let the cottage pie cool slightly before serving.

Tips and Variations

- **Add-ins:** Add other vegetables to the meat filling, such as mushrooms, diced parsnips, or chopped green beans.
- **Thickener:** If the meat filling is too thin, you can thicken it with a slurry of cornstarch and water. Mix 1 tablespoon cornstarch with 2 tablespoons cold water and stir it into the filling during the last few minutes of cooking.
- **Make Ahead:** You can prepare the meat filling and mashed potatoes ahead of time and assemble the cottage pie just before baking.