

Shepherd's Pie Soup

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Adapted from The Cozy Cook

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6323d5aec4631f170ec23352>

- 4 large russet potatoes (equal to 2 lbs.)
- 3/4 tsp salt
- 1/2 cup light sour cream
- 1 lb. Ground Beef (96% lean)
- 1 large yellow onion
- 3 cloves garlic (minced)
- 2 Tbsp salted butter
- 1/4 cup flour
- 3 cups Chicken broth
- 2 cups fat free half and half
- 3/4 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 3 ounces shredded cheddar cheese
- 10 ounces mixed frozen vegetables
- Salt/Pepper (to taste)

1. Shred the cheese,, measure out the sour cream and half and half. Let them all sit out at room temperature.
2. Cook and crumble the ground beef over medium-high heat

until cooked through. Drain grease. Remove the ground beef from the pot and set aside.

3. While the meat cooks, peel the potatoes and cut them into chunks. Add to a stock pot and cover the potatoes with 1 inch of water. Boil gently for 10-15 minutes or until very fork tender. Drain, then gently mash with sour cream. Set aside. Melt 2 Tablespoons of butter over medium heat. Add the onions and cook until softened, about 5 minutes. Add the garlic and cook for 1 more minute.
4. Whisk in flour and cook for 1 full minute to remove the raw flour taste.
5. Add the chicken broth in splashes, stirring continuously. Loosen any beef remnants from the bottom of the pot, this will add flavor.
6. Add the Worcestershire sauce and mustard powder. Slowly add the half and half. Bring to a boil, then reduce to a simmer.
7. Stir in the potatoes until well-combined into the broth. If possible, use an immersion blender to blend until creamy. You can also transfer it to a blender in batches or use a large whisk.
8. Add the ground beef and frozen vegetables and allow them to heat through, about 5 minutes.
9. Remove from heat. Gradually sprinkle with shredded cheese and stir until combined. Make sure the base of the soup isn't too hot or the cheese won't melt creamy and smooth. The soup will continue to thicken as it sits.
10. Taste, season with salt/pepper if desired and serve!

Main Course

soup

shepherd's pie