**Shepherd’s Pie Stuffed Potatoes**

*Serves 2 (1/2 potato per person)*

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| 1 large russet potatoes  10 mL olive oil  1/8 red pepper, seeded and diced  1/8 onion, diced  30 mL sour cream  4 mL paprika  60 mL cheddar cheese, grated (or  smoked Gouda), divided  Pinch black pepper | 125 g lean ground beef  2 mushrooms, quartered  1/8 onion, diced  ½ clove garlic, minced  8 mL margarine  8 mL flour  80 mL beef stock  8 mL Dijon mustard  8 mL soy sauce  8 mL Worcestershire sauce |

1. Preheat oven to 400 F. Scrub potatoes and pierce in 5 or 6 places for each one. Bake for 45 -60 minutes or until tender when pierced with paring knife. Remove and cool. Reduce heat to 350 F.
2. In a frying pan over medium heat, add olive oil, sauté red pepper and diced onion. Remove from heat and place in medium bowl.
3. Once potatoes are cool enough to handle, cut in half lengthwise. Scoop out potato flesh and place in red pepper-onion bowl. Add sour cream, paprika, half of the cheese and black pepper to potato bowl. Mix well and set aside.
4. Return the frying pan to medium-high heat. Cook lean ground beef until no longer pink (add a little olive oil sticking). Add mushrooms and cook until golden. Add onions and garlic and cook for 5 minutes.
5. Push all of the ingredients to the edges of the pan and add margarine to middle of the frying pan. Sprinkle flour over melted margarine, stir and cook for 1 minute. Whisk in the stock, mustard, soy sauce and Worcestershire. Bring up to a boil, combine with the meat mixture, adjust the salt and pepper, and simmer until thickened, for 2-3 minutes.
6. Fill the potato shells with the beef-vegetable mixture then top each of them with the reserved mashed potatoes. Place on cookie sheet and sprinkle with remaining cheese. Place in 350F oven for 15-20 minutes.