

# SCALLOPED POTATO SHEPHERD'S PIE WITH MASSAGED KALE SALAD

This one-pot winter warmer is one of our favorite dishes from Chef Dani! She combines quick cooking ground beef with yummy root vegetables (a great cost saving tip to stretch the meat farther) using flavor packed garlic and Worcestershire sauce. Serve with a simple massaged kale salad for a little pop of green!



## Ingredients

- 1 lb potatoes (6-7 small)
- 2 golden beets
- 2 carrots
- 4 oz sour cream
- 1 bunch kale
- 1 onion
- 3-4 cloves garlic

From your pantry

- 2-3 oz cheddar cheese
- 2 tbsp vinegar
- 2 tbsp Worcestershire sauce
- 1 tsp sugar or honey
- olive oil
- salt & pepper

### Equipment:

- Large sauté pan
- Medium bowl

**PREPARATION: 15 MIN**

**COOKING: 40 MIN**

**READY IN: 55 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. **Preheat oven to 375 °F***

1. Remove **kale** leaves from stems and cut into 1" pieces. Peel and julienne **onion**. Mince or grate **garlic**. Peel and grate **carrots**. Remove ends and peel **beets**, dice into 1/4" cubes. Slice potatoes into 1/4" slices. Dissolve sour **cream** in 1.5 c water. Remove **ground beef** from package; pat dry.
2. Heat 1 tbsp oil in a large oven-safe sauté pan over medium heat. Add half the **onion** and half the **garlic**, sauté 1-2 min until softened. Add **potatoes** and sauté 3-5 min until beginning to brown. Remove from pan and set aside.
3. Heat 1 tbsp oil in previously used pan; add remaining **onion, garlic, carrots, beets and ground beef**. Cook, breaking apart with spoon for 8-10 min until fully cooked. Add **Worcestershire sauce**, salt and pepper; cook another 2-3 min stirring constantly and turn off heat.
4. Layer potatoes on top of beef to completely cover. Drizzle sour cream mix over potatoes, add salt and pepper. Top with cheddar cheese. Bake for 15-20 min until cheese has melted and potatoes are soft. Turn oven to broil, cook 1-2 min until cheese is bubbly and browned. Remove from oven.
5. Prepare salad: In a medium bowl combine **2 tbsp vinegar, 4 tsp oil, 1 tsp sugar/honey**, and a pinch of salt and pepper. Mix with a fork. Add **kale** and massage using both hands until kale is soft and evenly coated with dressing.
6. Divide scalloped potato shepherds pie between plates, serve with side salad. Enjoy!

# Tips, Tricks, and Terms

## THE EASIER, BREEZIER GOLDEN BEET!

Red beets are common and iconic but we think their golden cousins are a bit easier to work with! Plus they won't stain and have a softer flavor.



Golden beets are rich in fiber and potassium and will add a pop of sweetness (and color) to any salad or dish! Try them in our shepherd's pie or add them to a bed of arugula with some feta cheese crumbles!

To roast: scrub whole beets clean, rub in a little olive oil and wrap in foil. Bake at 375 degrees for about 45-60 min, until tender. Cool a little and the skins will slip right off!

## A little about...

Cooking with VINEGAR: Most of the time, vinegars you have on hand can be interchangeable, but certain vinegars work better with certain flavors.

Basic white vinegar is great for pickling or making buttermilk in a pinch, Rice vinegar for Asian foods, Balsamic vinegar for finishing dishes, salads, and breads, and Red or White wine vinegar to make dishes and salad dressings pop!



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