

Cozy Shepherd's Pie Soup: A Hearty Bowl of Comfort

The Evolution of "Soup-ified" Comfort Food



TIME
8-10 min

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INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground beef (80/20 lean recommended)
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 3 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper
- 2 tbsp all-purpose flour
- 6 cups beef broth (low sodium recommended)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 cup frozen peas
- 1 cup frozen corn kernels
- 1 tbsp Worcestershire sauce

Optional for serving: Prepared mashed potatoes, fresh parsley for garnish

DIRECTIONS

1. Let's get this comforting : Shepherd's Pie Soup simmering!
2. Brown : Ground Beef: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until it's fully browned. Drain any excess grease and remove the beef to a separate bowl.
3. SautØ Aromatics: Reduce heat to medium. Add the chopped onion, celery, and carrots to the pot. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened. Add the minced garlic, dried thyme, dried rosemary, salt, and black pepper. Cook for 1 minute until fragrant.
4. Create : Roux: Sprinkle the all-purpose flour over the vegetables. Cook, stirring constantly, for 1-2 minutes to create a roux. This will thicken your soup.
5. Build : Broth Base: Gradually whisk in the beef broth until smooth, ensuring no lumps from the flour remain. Bring the mixture to a gentle simmer, scraping up any browned bits from the bottom of the pot.
6. Add : Beef & Tomatoes: Return the browned ground beef to the pot. Stir in the undrained diced tomatoes and Worcestershire sauce.
7. Simmer: Bring the soup back to a gentle simmer, then reduce heat to low, cover the pot, and let it simmer for 20-25 minutes, allowing the flavors to meld.
8. Add : Frozen Vegetables: Stir in the frozen peas and corn kernels. Cook for another 5 minutes, or until the vegetables are heated through.
9. Serve & : Garnish: Taste and adjust seasoning if

needed. Ladle the hot Shepherd's Pie Soup into bowls. Top each serving with a generous dollop of prepared mashed potatoes and a sprinkle of fresh parsley for garnish. Serve hot.

SWAPS & NOTES

Ground Meat: While ground beef is traditional for Cottage Pie (and commonly used in American "Shepherd's Pie"), you can use ground lamb for a more authentic Shepherd's Pie.

Ground turkey or a plant-based crumble can also be substituted for a leaner or vegetarian option.

Vegetables: The classic mirepoix (onion, celery, carrot) forms a fantastic aromatic base.

Frozen peas and corn are convenient and add sweetness and color.

TIPS FOR SUCCESS

Brown Meat Well: Taking the time to properly brown the ground beef adds depth of flavor to the soup.

Sauté Veggies Thoroughly: Softened and slightly caramelized vegetables contribute significantly to the soup's base flavor.

Build a Smooth Roux: Whisking the flour continuously when adding it to the fat ensures a lump-free thickening agent for your soup.

Don't Overcook Peas and Corn: Add frozen peas and corn towards the end of cooking to keep them vibrant and tender-crisp.

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