

## **SHEPHARD'S PIE**

Makes 4-6 servings

### **Ingredients**

(1) lb ground beef dehydrated \*\*\*

(1) 12-oz package of peas dehydrated \*\*\*

(2 or 3) packages of instant mashed potatoes that serves 4

¼ cup parmesan or cheddar cheese

1 Tbsp salt

1 cup whole milk powder

4 Tbsp butter powder

spices to suit your taste

**AT HOME** - Cook the ground beef, drain & rinse, then dehydrate in the oven at a very low temp (about 190deg) on parchment paper for about 4-6 hours, turning a few times during the process. Do the same to the uncooked frozen peas. Mix the dry ingredients together and store separately.

**IN CAMP** - Re-hydrate the beef & peas in a little water, boiling for about 15 minutes until soft.

Add water per the potato instructions & maybe a little more, bring to a boil, then add the potatoes, cheese and spices. Mix thoroughly.

Enjoy! The butter and whole milk powder give it a creamier taste and adds a few more much needed calories.

\*\*\* After drying, place in zip-lock bag & in the freezer until ready to use. No need to refrigerate while on the trail.