

Angels Cook Book



Shepherd's Pie

4 large potatoes, peeled and cubed	1 tablespoon vegetable oil
1 tablespoon butter	1 onion, chopped
1 tablespoon finely chopped onion	1 pound lean ground beef
¼ cup shredded cheddar cheese	2 tablespoons all-purpose flour
salt and pepper to taste	1 tablespoon ketchup
5 carrots, chopped	¾ cup beef broth
	¼ cup shredded cheddar cheese

Instructions:

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.

Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees F (190 degrees C.)

Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.

Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of mashed carrots. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.

Bake in the preheated oven for 20 minutes, or until golden brown.

Nutritional Information

Serving Size: 6 servings • Calories: 452
www.allrecipes.com/recipe/24202



Cardamom Apple Cake

1 ¾ cups all-purpose flour	1 teaspoon vanilla extract
¾ cup white sugar	1 ½ Granny Smith apples, peeled and sliced
3 teaspoons baking powder	2 tablespoons pearl sugar (optional)
1 teaspoon ground cardamom	½ teaspoon ground cinnamon
¾ cup milk	
1 ½ tablespoons milk	
½ stick butter, melted	

Instructions:

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8 1/2-inch round baking pan.

Peel apples and slice thinly.

Mix flour, sugar, baking powder, and cardamom together in a bowl. Add 3/4 cup plus 1 1/2 tablespoons milk, melted butter, and vanilla extract; stir until combined.

Pour batter into the greased baking pan. Arrange apple slices over the top. Press them firmly into the batter, but make sure the slices are still visible. Sprinkle pearl sugar and cinnamon over the apples.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 minutes.

Nutritional Information

Serving Size: 8 servings • Calories: 263
www.allrecipes.com/recipe/276768