

Angels Cook Book



Shepherd's Pie

4 large potatoes, peeled and cubed
1 onion, chopped
1 pound lean ground beef
2 tablespoons all-purpose flour
1 tablespoon ketchup
3/4 cup beef broth
1/4 cup shredded cheddar cheese
salt and pepper to taste
5 carrots, chopped
1 tablespoon vegetable oil

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. Serve hot and enjoy!

Nutritional Information

Serving Size: 6 servings • Calories: 452
www.allrecipes.com/recipe/24202/shepherds-pie-vi/



Irish Tea Cake

Cake:

1 cup white sugar
1/2 cup butter, softened
2 large eggs
1 1/2 teaspoons vanilla extract
1 3/4 cups all-purpose flour
2 teaspoons baking powder

1/2 teaspoon salt
1/2 cup milk, or more if needed

Topping:

1/4 cup confectioners' sugar for dusting
fresh berries (optional)

Instructions:

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch round pan.

Cream sugar and butter together in a mixing bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time, mixing until fully incorporated after each addition. Stir in vanilla.

Combine flour, baking powder, and salt in a mixing bowl. Stir dry ingredients into wet ingredients alternately with milk, adding 1 to 2 tablespoons more milk if batter is too stiff. Spread batter evenly into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes, then turn out onto a serving plate and cool to room temperature, 20 to 30 minutes. Dust with confectioners' sugar right before serving.

Nutritional Information

Serving Size: 10 servings • Calories: 273
www.allrecipes.com/recipe/27028/irish-tea-cake/