

# IRISH SHEPHERD'S PIE

—✻ A warm and cozy family meal ✻—

Good  
Food  
Brings  
People  
Together



## INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground lamb
- 1 small onion, diced
- 2 carrots, diced
- 1 cup frozen peas
- 2 tablespoons tomato paste
- 1 cup beef or vegetable broth
- 1 teaspoon dried thyme
- Salt and pepper
- 4 cups mashed potatoes
- ½ cup shredded cheddar cheese (optional)

## DIRECTIONS

1. Ask a grown-up to heat the oven to 400°F.
2. Cook the lamb, onion, and carrots in a large pan.
3. Stir in the peas, tomato paste, broth, and thyme. Simmer until thick.
4. Spoon the filling into a baking dish. Spread the mashed potatoes on top.
5. Sprinkle with cheese, if using. Bake for 20–25 minutes, until golden.
6. Let it cool slightly, then enjoy together!

Kind  
Meals  
Happier  
Days

# TRADITIONAL FULL IRISH BREAKFAST

A hearty morning meal from Ireland



## INGREDIENTS



2 Irish pork sausages



2 rashers (Irish bacon)



1 egg



2 slices black pudding



2 slices white pudding



1 tomato, halved



½ cup mushrooms, sliced



½ cup baked beans



Irish soda bread and butter



1 teaspoon cooking oil

## DIRECTIONS

1. Ask a grown-up to warm the beans in a small pan.
2. Cook the sausages, rashers, and pudding until browned and fully cooked.
3. Sauté the mushrooms and tomato until tender.
4. Fry the egg the way your family likes it.
5. Toast the soda bread and add a little butter.

Tiny Tales,