

Piece-by-Piece Shepherd's Pie Cups

As the weather turns chilly, these cozy Shepherd's Pie Cups are the perfect comfort food. Simple enough for little helpers and fun to build piece by piece! Each cup comes together in layers, just like learning and growing, one small step at a time.

What you need:

- 1 lb lean ground beef, turkey, or cooked lentils (for a vegetarian option)
- 1 cup mixed vegetables (corn, peas, carrots)
- 2 cups mashed potatoes (homemade or instant)
- 1 tbsp oil or butter
- 1 tbsp flour
- 1 cup beef or vegetable broth
- Salt and pepper to taste
- Optional: shredded cheese for topping
- Optional base: puff pastry squares, biscuit dough, or pie crust circles
- Muffin tin or small oven-safe cups



What to do:

1. Optional: Prepare the base by lightly greasing a muffin tin. Press a square of puff pastry, biscuit dough, or pie crust into each cup to form a little "crust."
2. In a pan, sauté the ground meat (or lentils) with oil until browned. Stir in flour, then add broth and vegetables. Cook until thickened.
3. Spoon the meat and veggie mixture into each muffin cup, on top of the pastry base if using.
4. Spoon mashed potatoes over each one. Little hands can help press, swirl, or make patterns with a fork.
5. Sprinkle with cheese (optional) and bake at 375°F (190°C) for about 15–20 minutes, until golden and bubbling.
6. Serve and enjoy! Talk together about how each layer (crust, filling, potatoes) came together piece by piece to make something delicious and warm.

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