

Shepherds Pie with Cumin & Smashed Chickpeas

Hearty chickpeas (also called garbanzos) combine with toasty cumin, seasoned beef and lamb for a robust one-dish entree bursting with flavor.

Prep Time: 15 minutes

Cook Time: 45 minutes

- 1 1/2 pounds all-purpose potatoes, peeled and quartered
 - 1 can (15 1/2 ounces) chickpeas (garbanzo beans), drained and rinsed, divided
 - 1/4 cup milk
 - 2 tablespoons butter
- 1 1/2 teaspoons **McCormick® Gourmet Collection Sicilian Sea Salt**, divided
 - 1 pound ground lamb
 - 1/2 pound lean ground beef
 - 1 cup coarsely chopped onion
 - 1 tablespoon **McCormick® Gourmet Collection Roasted Ground Cumin**
 - 1 teaspoon **McCormick® Gourmet Collection Ground Coriander**
 - 1/2 teaspoon **McCormick® Coarse Ground Black Pepper**
 - 1/4 cup whiskey or apple cider
 - 1 cup beef broth
 - 1 tablespoon cornstarch
 - 1 cup each frozen carrots and green beans, unthawed

1. Place potatoes in 2-quart saucepan. Add water to cover. Bring to boil. Reduce heat to low; cover and simmer 10 minutes or until potatoes are tender. Drain and return to saucepan. Add 1/2 of the chickpeas, milk, butter and 1/2 teaspoon of the sea salt; coarsely mash until well blended. Set aside.
2. Brown lamb and beef in large nonstick skillet on medium-high heat. Drain fat. Add onion, cumin, coriander, remaining 1 teaspoon sea salt and pepper; cook 3 to 4 minutes or until onions are tender, stirring occasionally. Stir in whiskey. Stir broth into cornstarch until smooth. Add to skillet; stir constantly until well blended. Stir in vegetables and remaining chickpeas. Spoon into 2-quart baking dish. Spread potato mixture evenly over top.
3. Bake in preheated 400°F oven 15 to 20 minutes or until mixture is bubbly and top is golden brown. If needed, place under preheated broiler to brown potato topping.

Makes 8 servings.

Nutrition Information Per Serving: 316 Calories, Fat 14g, Protein 19g, Carbohydrates 25g, Cholesterol 63mg, Sodium 643mg, Fiber 4g