



## Maureen Welch's Shepherd Pie Soup

Courtesy of Claudio 'Singing Soup Guy' Fracassi

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### Ingredients:

Serves 8 to 10

4 tbsp. unsalted butter  
2 tbsp. virgin olive oil  
2 tsp. fresh chopped garlic  
1 cup fresh chopped onions  
1 can (19 oz.) tomato sauce (ready made)  
1 tbsp. dried basil flakes  
1 can (19 oz.) corn niblets  
1 can (19 oz.) of cream corn  
2 lbs. precooked and drained lean ground beef  
8 cups (64 oz.) beef soup bouillon liquid base, low sodium  
¼ cup white wine (or vermouth wine) *\*Optional*  
1 cup (8 oz.) frozen mixed vegetables  
2 cups precooked diced potatoes  
1 cup grated Monterey jack cheese  
¼ tsp. paprika (to taste)  
¼ tsp. black pepper (to taste)  
Tabasco sauce to taste *\*Optional*

### Directions:

Tip: Cook ground beef and drain off fat in advance before adding to soup.

1. On low heat in a heavy saucepan, add unsalted butter and olive oil. Stir in fresh garlic and sauté for about one minute, stirring using a wooden spoon.
2. Add fresh onions, let sauté 5 more minutes or until golden brown, or caramelized, stirring frequently.
3. Add tomato sauce, dried basil flakes, corn niblets, cream corn, precooked ground beef, beef soup bouillon liquid base and wine.
4. On medium high heat, bring to a boil. Let boil for 5 to 10 minutes and stir frequently.
5. Reduce heat to medium and add mixed vegetables, precooked potatoes, and cheese. Let cook on low heat for 10 more minutes stirring frequently.
6. Add Monterey jack cheese, paprika, black pepper, and tabasco sauce. Let cook for 5 more minutes stirring frequently to prevent cheese from sticking.