Nick Wallace's Shepherd's Rice Pie
RECIPE

Nick Wallace's Shepherd's Rice Pie

TIME	45 Minutes
INGREDIENTS	25 items
MAKES	6 servings

This delicious Shepherd's Rice Pie recipe features aromatic rice and seasoned beef mixed with fresh vegetables. Serve as a main dish.

INGREDIENTS

- ¾ pound (12 oz.) beef, cut into cubes, roasted, and drained (rub the beef cuts with yellow mustard and then season with black pepper
- 1 onion, chopped finely
- 3 carrots, finely grated
- 1⁄2 cup chopped celery
- 1⁄2 cup chopped Cremini mushrooms
- 1⁄2 cup finely chopped green onions
- 1/2 cup finely chopped parsley
- 2 cloves garlic, crushed and chopped finely
- 3 tablespoons butter
- 1/3 cup Soy Sauce, 50% sodium reduced
- 1⁄2 cup milk
- 1 cup, mushroom soup; see recipe below
- 1 pouch Ben’s original long-grain ready rice, cooked
- 1⁄2 teaspoon black pepper
- 1 cup sour cream
- 1 teaspoon paprika
- 1 tablespoon Nick’s 26 Seasoning or 1 tablespoon of reduced sodium, all-purpose seasoning

My Original Recipe Ft. Chef Nick Wallace

Learn more(open in new tab) about Mississippi Chef Nick Wallace, his cooking heritage, and his support of the work Ben's Original is doing in its hometown community of Greenville.

INSTRUCTIONS FOR SHEPARD'S PIE

1. In a nonstick pan, melt 1 tbsp of the butter and cook the garlic and onion for 2 minutes.
2. Add the mushrooms and celery and cook until tender.
3. Add the pre-roasted beef.
4. Add the pepper and Nick’s 26.
5. Mix the mushroom soup, milk, and soy sauce.
6. Mix the rice with the green onions, parsley, carrots, and 1/4 to 1/3 of the mushroom soup mixture.
7. In a buttered casserole dish, spread half the rice mixture, then the meat mixture, followed by the remaining mushroom soup mixture.
8. Top with the remaining rice mixture.
9. Spoon over with 2 tbsp of butter, sprinkle with pepper if desired.
10. Bake at 350 F for 20 minutes.
11. After baking, cover with sour cream and sprinkle with paprika.
12. Return to oven for 10 minutes.
13. Serve hot.

INSTRUCTIONS FOR MUSHROOM SOUP

1. In a large saucepan, heat 2 tablespoons butter over medium-high heat.
2. Sauté 1/2 pound sliced fresh mushrooms and 1/4 cup chopped onion until tender.
3. Mix 6 tablespoons all-purpose flour, 1/4 teaspoon salt, 1/8 teaspoon pepper, and 1-quart chicken stock until smooth.
4. Stir into mushroom mixture.
5. Stir in 1 quart chicken stock.
6. Bring to a boil; cook and stir until thickened, about 2 minutes.
7. Reduce heat; stir in 1 cup whole milk.
8. Simmer, uncovered, until flavors are blended, about 15 minutes, stirring occasionally.

Nutrition:

- CALORIES: 650
- TOTAL FAT: 37g - 47%
- TRANS FAT: 0g
- SODIUM: 1700mg - 74%
- TOTAL CARBOHYDRATES: 45g - 16%
- DIETARY FIBER: 3g - 11%
- TOTAL SUGARS: 15g
- PROTEIN: 31g

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Cooking time

1 Hour 15 Minutes

Ingredients

10 items

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