



## Tyramine-Free Sample Recipe

Looking for new, tasty and safe easy-to-make tyramine-free recipes designed to please every member of your family? Each featured monthly FD NOW recipe has been made from scratch, and has been sampled in our kitchens by at least one person with FD with no adverse side effects. A picture of the actual dish made in our kitchens appears below.

### Shepherd's Pie

from Sue Harris (London, England)

This easy-to-prepare dish features a perfect blend of carbohydrates and protein. Its creamy texture is ideal for those that prefer a softer diet.



### Ingredients

*Bottom – Beef or Lamb Mixture*

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 1/2 pounds of ground lamb or beef | 1 tablespoon of sugar         |
| 1 onion                             | 1 can of chopped tomatoes     |
| ¼ cup peas                          | 2 carrots, peeled and chopped |
| 1 bay leaf                          | 1 teaspoon flour              |
| salt & pepper                       | 3 cloves garlic               |

*Topping – Creamy Mashed Potatoes*

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|---------------------|---|
| 2–3 potatoes        | rice milk as needed to make potatoes creamy |
| 1 egg               | 1 pat butter                                |
| 1 drizzle olive oil |   |

### Directions

Put butter in a non-stick frying pan on medium heat. In mixing bowl, crack eggs and add rice milk. Whisk for Fry onions and garlic in olive oil. Add ground beef or lamb until cooked. Add sugar, tomatoes, peas, carrots, bay leaf and flour. Cover and simmer for an hour. Remove from heat, scoop mixture into casserole dish and allow to sit for 20 minutes, so that the filling has solidified slightly.

Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and place in a bowl. Combine rice milk, egg, butter and olive oil.

Scoop potatoes over meat mixture, striping with a fork. Place in a preheated 200 degree oven for about 25 minutes until the top is golden. Remove from oven and enjoy. Place remainder in plastic containers, label, date, and freeze leftovers. Take frozen on ice and reheat when ready to eat!