



Shepherd's Pie

Info:

Makes 4 Servings 425 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb 95% Lean Ground Beef
- ❖ 1 Packet Lipton Onion Soup Mix
- ❖ 1 Cup Corn (canned corn ok!)
- ❖ 1 Cup Frozen Peas
- ❖ 1 Can Green Beans
- ❖ 2 Tbsp worcestershire sauce
- ❖ 2 Tbsp Tomato Paste
- ❖ 1 Cup Beef Broth
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper
- ❖ 1 tsp Basil
- ❖ 1 tsp Garlic
- ❖ Cooking Spray

Topping:

- ❖ 4 Cups Mashed Potatoes (From the Box ok!)
 - ❖ Use Skim/Soy Milk only to make potatoes

Preparation:



1. Preheat oven to 400°
2. Brown beef over medium-high heat in pan
3. Add worcestershire sauce, tomato paste, seasonings and beef broth
4. Reduce heat and simmer uncovered 15 minutes
5. Add peas and corn, simmer 5 more minutes, allow to cool a bit
6. Cook 4 cups mashed potatoes according to box instructions
7. Pour meat and vegetable mixture into an 11"x7" pan and top with the mashed potatoes
8. Bake 20-25 minutes