



Shepherd's Pie

Serving Size: 1 cup

Yield: 10 Servings

Ingredients:

- 1/2 cup low-fat milk
- 1 pound ground beef, lean
- 2 tablespoons flour
- 4 cups mixed vegetables, frozen
- 3/4 cup low-salt beef broth
- 1/2 cup cheddar cheese, shredded
- 2 large baking potatoes, peeled and diced



Directions:

1. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes).
2. Drain potatoes and mash. Add milk, and set mixture aside.
3. Preheat oven to 375 degrees.
4. Brown meat in a large skillet. Stir in flour, and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Cook 5 minutes until bubbly.
6. Spoon vegetable mixture into 8 inch square baking dish. Spread potato mixture over vegetable/meat mixture.
7. Bake 25 minutes, until hot and bubbly.

Nutrition Facts: Calories, 180; Calories from fat, 35; Total fat, 4g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 30mg; Sodium, 150mg; Total Carbohydrate, 21g; Fiber, 3g; Protein, 14g; Vitamin A, 20%; Vitamin C, 10%; Calcium, 6%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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