



Shepherd's Pie

Makes: 6 Servings

This Shepherd's pie recipe is a twist on the classic comfort food. Using frozen veggies helps you get it on the dinner table quickly.

Ingredients

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoon flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable stock, low sodium (14.5 ounces)
- shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

Notes

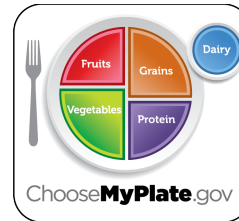
Learn more about:

- Potatoes
- Green beans
- Corn
- Carrots
- Peas

Source: ONIE Project - Oklahoma Nutrition Information and Education.

Nutrition Information MyPlate Food Groups

Serving Size: 1/6 of recipe



Nutrients	Amount
Calories	208
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	72 mg
Total Carbohydrate	31 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	-404 mcg
Calcium	56 mg
Iron	2 mg
Potassium	-404 mg

MyPlate Food Groups

	Vegetables	1 cups
	Grains	1/4 ounces
	Protein Foods	3/4 ounces

N/A - data is not available