

Shepherd's Pie

PREP TIME: 35 MIN

COOKING TIME: 30 MIN

SERVES: 5



Ingredients

- 1 pound ground beef, thawed
- 1 onion (optional)
- ½ cup corn
- ½ cup green beans
- 1 can cream of mushroom soup
- 1 tbsp ketchup
- 5 potatoes, peeled and diced
- 3 tbsp powdered milk
- 1/3 cup water
- 2 tbsp butter (optional)
- Salt and pepper

Directions

1. Preheat oven to 350 F.
2. Heat large frying pan over medium heat. Add onion and ground beef, cooking meat until no longer pink. Drain grease.
3. Add corn, green beans, cream of mushroom, ketchup, and salt and pepper (⅛ tsp each) to pan. Stir well. Pour into baking dish.
4. Bring pot of water to a boil. Boil potatoes until soft (about 20 min). Mash potatoes. Stir in powdered milk, water, salt and pepper (1/8 tsp each) and butter. Spread potatoes over meat mixture.
5. Bake for 30 min. Enjoy!

Nutrition Info

1 Serving

430 calories

40 grams carb

22 grams protein