

Shepherd's Pie

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Serves 4, 9 FSP per serving

- 1 1/2 lb potatoes (peeled, cubed and cooked)
- 1 Tbsp light butter
- 1/3 cup 1% milk
- 1 pound 96% lean ground beef
- 1 small onion (chopped)
- Salt and pepper to taste
- 2 cups Beef gravy
- 10 oz frozen peas and carrots, cooked

1. Mash potatoes with milk, butter and salt and pepper. Set aside.
2. Brown beef and onion in a skillet. Drain. Add gravy and veggies. Mix well.
3. Put meat mixture in an 8×8 or 9×9 inch pan.
4. Spread mashed potatoes evenly on top.
5. Bake at 350 for 25-30 minutes.