## Shepherd's Pie

## Shepherd's Pie



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  $8\times8$  or  $9\times9$  inch pan.
- 4. Spread mashed potatoes evenly on top.
- 5. Bake at 350 for 25-30 minutes.