

# Shepherd's Pie

**Makes:** 6 Servings

## Ingredients

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

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	212	
Total Fat	5 g	8%
Protein	12 g	
Carbohydrates	31 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	93 mg	4%

## MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	1 ounce