

Shepard's Pie

Makes: 6 Servings

Tasty and easy to prepare! Canned beef stew can also be used with potatoes for a heartier meal.

Ingredients

2 pounds potatoes (washed, peeled, and cubed about the size of ice cubes)

6 cups water

3/4 cup low-fat milk

1 can beef stew (24)

Directions

1. Preheat oven to 350 degrees F.
2. Boil potatoes in water until soft, about 12 minutes. Drain potatoes and pour them into a bowl. Add low-fat milk and mash until potatoes are almost smooth.
3. Heat beef stew in sauce pan until heated through.
4. Put beef stew in oven-safe baking dish.
5. Top beef stew with mashed potatoes.
6. Place casserole in oven and bake for about 15 minutes, or until heated through.
7. Serve hot.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	7 g	
Protein	9 g	
Carbohydrates	33 g	
Dietary Fiber	5 g	
Saturated Fat	2.5 g	
Sodium	490 mg	