

SIMPLE SHEPHERD'S PIE

A challenge in today's busy world is making a delicious, nutritious meal that fills everyone up and still leaves some for leftovers. This recipe can be made quickly at the end of a long day, or it can be made in advance. Simply store the prepped recipe in the refrigerator and put in the oven when you are ready!

Yield= 6 servings

Ingredients

- 2 c **potato flakes**
- **cooking spray**
- 1 lb. **ground turkey**
- 1 can **mixed vegetables**, drained and rinsed (low sodium preferred)
- 1 c reduced fat **shredded cheese** (cheddar works best)
- ½ c low sodium **chicken broth**
- 2 Tbsp **garlic powder**
- 1 tsp **paprika**
- **salt**, to taste
- **pepper**, to taste



Instructions

1. Preheat the oven to 325°F. Prepare potato flakes according to the package directions.
2. Spray a casserole dish with cooking spray.
3. Brown ground turkey in a non-stick pan over medium heat. Drain excess fat. If a non-stick pan is not available, add 1 Tbsp vegetable oil to pan before browning.
4. Add broth and garlic powder to meat and stir to combine. Simmer over medium-low heat until most of the liquid evaporates. If a thicker consistency is desired, add 1 Tbsp corn starch to the meat with the broth and garlic powder. This will thicken the broth to make a gravy consistency.
5. In a prepared casserole pan, layer the ground turkey mixture with the mixed vegetables. Place several spoonfuls of the prepared potatoes over the vegetables. Allow the potatoes to cool, then smooth and flatten them with a fork to fully cover the meat and vegetable mixture. Sprinkle the top of the potatoes with paprika and cover with shredded cheese.
6. Bake 30 minutes or until the shepherd's pie is warmed through and the cheese is melted.
7. Season with salt and pepper to your taste. Enjoy!

Refrigerate leftovers to warm up for lunch the next day or other dinners throughout the week.

Per Serving- Calories: 329

Saturated fat: 7.6g

Sodium: 400mg

Total Sugars: 3.2g

Adapted from www.Food.com