

Shepherd's Pie for Leftovers

Prep Time: 5 mins

Cook Time: 55 mins

Ingredients

For Potato Topping

3 medium Russet Potatoes
4 Tbsp Unsalted Butter
¼ cup Milk
¼ cup Sour Cream
To Taste Ground Black Pepper

For Pie Filling

1 Tbsp Extra-Virgin Olive Oil
1 Large Yellow Onion
2 pieces Carrots
1 ½ lb Lean Ground Beef
2 cups Mixed Frozen Vegetables
2 Tbsp All-Purpose Flour
2/3 cup Low-sodium Chicken Broth
1 Tbsp Fresh Parsley
2 cloves Garlic
1 Tsp Fresh Thyme

Makes 6 Servings

Nutrition Information

For 1 slice of 1/6 pie:

- Protein: 28 g
- Calories: 459 kCal
- Sodium: 137 mg

Instructions

Potato Topping

1. Peel and chop the potatoes.
2. Add potatoes to pot, add enough water to cover potatoes and bring to a simmer. Simmer for 15-20 minutes.
3. Strain then mash with preferred method.
4. Mix the other ingredients.
5. Set aside.

Pie Filling

1. To precook the ground beef, add to a non-stick frying pan and sauté for 5 minutes.
2. Next, add the chopped onion and sauté for 1 minute.
3. Now, add carefully add the diced carrots and spices, then sauté for 3 minutes.
4. To thicken the mixture, add the flour and sauté for 3 minutes.
5. Incorporate chicken broth bring to simmer (Simmer 3 minutes).
6. The last items to add are the frozen peas and corn as they take the shortest amount of time to cook. Add these and bring back to a simmer for 3 minutes.
7. Transfer the pie contents to the casserole dish. Add the mashed potatoes on top and bake for 20-25 minutes until potatoes turn a golden brown.