SHEPHERD’S PIE

SERVES 6

This simple recipe is made from only five ingredients and takes only 10-15 minutes to put it together. Sit back and relax while it finishes in the oven. Serve with a green or fruit salad.

INGREDIENTS

1 lb. lean ground beef or canned chicken
1 onion, chopped
1 teaspoon garlic powder
2 cups frozen mixed vegetables (or 2 cans, drained)
10 oz can of cream of mushroom soup, low sodium preferred
1 teaspoon dry marjoram leaves
½ teaspoon pepper
3 cups mashed potatoes from dry potato flakes, made according to package directions and 1% fat milk

DIRECTIONS

1. Brown meat thoroughly with onion.
2. Drain any excess fat from meat. Rinse with hot water. Add garlic powder.
3. Stir in vegetables and soup and cook until hot, then add marjoram and pepper.
4. Place in a 9 inch pie plate. Spoon mashed potatoes over hot meat/vegetable mixture. Bake at 375 degrees for 30-40 minutes until potatoes are golden brown and pie is bubbly.

SIMPLY GOOD EATING

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VARIATIONS

HERBS ADD FLAVOR to many dishes. If you do not have marjoram, use oregano, thyme, or an Italian blend.

FROZEN VEGETABLES are usually low sodium, as no salt is added. If you use canned vegetables, look for the low sodium variety.

OTHER CREAM SOUPS could be used to replace the mushroom, like cream of celery.

LEFTOVER MASHED POTATOES work well in this recipe and simplify the preparation, but Shepherd’s Pie is a delicious way to use dehydrated potato flakes.