

Superhero Shepherd's Pie

Ingredients

2 large baking **potatoes**,
peeled and diced

½ cup shredded
cheddar cheese

½ cup 1% or nonfat **milk**

½ teaspoon **salt**

¼ teaspoon **pepper**

1 pound lean **ground
beef** (15% fat)

1 teaspoon **onion
powder**

3 Tablespoons **flour**

4 cups frozen **mixed
vegetables**

1 cup low-sodium
broth (any type)



Directions

1. Wash hands with soap and water.
2. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, for about 15 minutes or until soft.
3. Drain potatoes and mash. Stir in milk, cheese, salt and pepper. Set mixture aside.
4. Preheat oven to 375 degrees F.
5. Brown meat in a large skillet. Add onion powder, if desired. Stir in flour and cook for 1 minute, stirring all the time.
6. Add vegetables and broth. Stir until bubbly, about 5 minutes.
7. Spoon vegetable mixture into an 8x8-inch square baking dish. Spread potato mixture over the top.
8. Bake until hot and bubbly, about 25 minutes.
9. Refrigerate leftovers within 2 hours.

Notes

Try any mix of frozen, cooked or canned and drained vegetables you have on hand.

Try other seasonings such as garlic powder, thyme, oregano or cilantro.