

# Shepherd's Pie



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 6

**Prep:** 20-25 minutes | **Cook:** 25 minutes

## INGREDIENTS

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 oz)
- 1 can vegetable stock, low sodium (14.5 oz)
- Shredded cheese (optional)

## DIRECTIONS

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).



## Nutrition Information

*Serving Size: 1*

<b>Calories</b>	<b>208</b>
<b>Total fat</b>	<b>5 g</b>
Saturated Fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>28 mg</b>
<b>Sodium</b>	<b>72 mg</b>
<b>Carbohydrates</b>	<b>31 g</b>
Fiber	5 g
Sugars	4 g
<b>Protein</b>	<b>11 g</b>

Recipe adapted from: MyPlate U.S.  
Department of Agriculture