

Beefy Shepherd's Pie

Total Recipe Time: 50 minutes to 1 hour

1 pound Ground Beef (90% to 95% lean)
1 medium onion, chopped
1 jar (12 ounces) mushroom or beef gravy
1-1/2 cups frozen peas
1/4 teaspoon pepper
2-1/2 to 3 cups prepared mashed potatoes, warmed
2 tablespoons shredded Parmesan cheese (optional)



1. Preheat oven to 450°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; stir in gravy and peas and season with pepper.
2. Spoon beef mixture into 2-quart baking dish. Top with potatoes, spreading evenly; sprinkle with cheese, if desired. Bake in 450°F oven 25 to 30 minutes or until bubbly and cheese begins to brown.

Makes 4 servings

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Cook's Tip: Any type of prepared mashed potatoes may be used in this recipe: instant, refrigerated, frozen or homemade.

Nutrition information per serving: 389 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 85 mg cholesterol; 1054 mg sodium; 4 g carbohydrate; 2.7 g fiber; 35 g protein; 8.9 mg niacin; 0.8 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.4 mg iron; 20.4 mcg selenium; 7.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

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