

Shepherd's Pie

Shepherd's Pie is a hearty, oven-baked casserole that layers seasoned ground turkey and mixed vegetables under a creamy mashed potato topping for a warm, comforting meal.

Makes: 4 Servings
 Prep Time: 15 minutes
 Cook Time: 25 minutes

Source: Maine SNAP-Ed

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 ounces)
- 1 can vegetable stock, low sodium (14.5 ounces)
- 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).



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	320
Total Fat:	12g
Saturated Fat:	4g
Cholesterol:	60mg
Sodium:	360mg
Total Carbohydrates:	32g
Dietary Fiber:	4g
Total Sugars:	4g
Added Sugars:	0g
Protein	18g

Utensils Needed

- Sharp knife
- Cutting board
- Saucepan
- Skillet
- Fork or whisk
- Mixing spoon
- Measuring spoons
- Measuring cups
- Bowls
- Baking dish



SHOPPING LIST

Average total cost without oil and seasonings: \$14.77

Average cost/serving: \$3.69

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fat free milk



Add 1 to Cart
Frozen mixed vegetables



Add 2 to Cart
Potatoes



Add 1 to Cart
Flour



Add 1 to Cart
Lean ground turkey



Add 1 to Cart
Shredded cheese



Add 1 to Cart
Vegetable broth

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- **Boost flavor on a budget:** Use leftover cooked vegetables or mashed potatoes from another meal to save time and stretch your grocery dollars.
- **Make it creamy & safe:** Warm milk before mixing with potatoes for a smoother texture, and always refrigerate leftovers within 2 hours to keep them safe to eat.

