



Lightened-Up Shepherd's Pie

Recipe Source: www.skinnytaste.com

Ingredients:

1 ½ lbs Yukon Gold potatoes, diced	10 oz frozen mixed vegetables
¾ cup fat free chicken broth	2 TBSP flour
2 Tbsp reduced-fat sour cream	1 cup fat free beef broth
Pinch of paprika	2 tsp tomato paste
1 lb 95% lean ground beef	1 TBSP Worcestershire sauce
1 tsp oil	1 tsp freshly chopped rosemary leaves
1 medium onion, diced	1 tsp freshly chopped thyme leaves
1 celery stalk, chopped	Salt and pepper
2 cloves garlic, diced	
8 oz mushrooms, diced	

Steps:

- Boil potatoes in a medium pot of salted water until cooked and soft. Drain and mash with chicken broth, sour cream, ½ tsp salt and pepper. Set aside.
- Preheat oven to 400° F.
- In a large sauté pan, brown meat over medium high heat, breaking the meat up with a wooden spoon as it cooks. Season with ½ tsp salt and pepper to taste. When cooked, set aside on a plate.
- To the same pan, add the oil, onion, garlic, mushrooms and celery and sauté on medium heat about 6-8 minutes, until the vegetables are tender.
- Add the flour, frozen vegetables, beef broth, tomato paste, Worcestershire sauce, rosemary, thyme, and cooked meat. Mix well and simmer on low about 8-10 minutes.
- Spread the meat mixture on the bottom of a casserole dish. Top with mashed potatoes and sprinkle with paprika.
- Bake 20-25 minutes, then place under the broiler 1-2 minutes until the potatoes turn golden. Remove from oven and let cool 5 minutes before serving.

Tips from the Test Kitchen: Use the leanest ground beef or ground white meat turkey or chicken.

Nutritional Facts: per serving Calories: 965, Carbohydrates: 107 grams, Protein: 84 grams, Total Fat: 24 grams, Saturated Fat: 9 grams, Cholesterol: 207 mg, Sodium: 1097 mg, Fiber: 15 grams, Total Sugars: 18 grams.