



# Superhero Shepherd's Pie

Adapted from *FoodHero.org*



## Ingredients

- 2 large baking potatoes, peeled and diced
- 1/2 cup shredded cheddar cheese
- 1/2 cup non-fat or 1% milk
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 pound lean ground beef (15% fat)
- 1 tsp onion powder (optional)
- 3 Tbsp flour
- 4 cups frozen mixed vegetables
- 1 tsp or cube beef bouillon
- 1 cup water



## Directions

Yield: 10 cups    Serving Size: 1 cup

1. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes).
2. Drain potatoes and mash. Stir in milk, cheese, salt and pepper; set mixture aside.
3. Preheat oven to 375 degrees.
4. Brown meat in a large skillet. Add onion powder, if using. Stir in flour, and cook for 1 minute, stirring constantly.
5. Add vegetables, bouillon and water. Cook 5 minutes until bubbly.
6. Spoon vegetable mixture into 8 inch square baking dish. Spread potato mixture over vegetable/meat mixture.
7. Bake 25 minutes, until hot and bubbly.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Cooking Tips

- Try with beans, tofu, and more for a different type of protein.
- Make with different types of potatoes to vary tastes and vitamins!

## Nutrition Facts

Serving Size 1 cup (217g)  
Servings Per Container 10

Amount Per Serving	
<b>Calories</b> 180	<b>Calories from Fat</b> 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 14g	
Vitamin A 20%	Vitamin C 10%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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