



Superhero Shepherd's Pie

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
- Yield: 10 cups
Serving Size: 1 cup



Directions

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 to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Vegetables
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Protein
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Dairy
ChooseMyPlate.gov

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



Nutrition Facts	
Serving Size 1 cup (217g)	
Servings Per Container 10	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 350mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 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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