



NUTRITION CONSULTING INC.

HSN Shepherd's Pie

You can't beat Shepherd's Pie for a quick & easy weeknight meal. The leftovers are just as good the next day.

Serves 4

What you need:

1 lb lean ground beef
1 medium onion, chopped
1 clove garlic, minced
¼ tsp. dried thyme
3 tbsp ketchup
1 tbsp flour
2 cups peas, frozen
1.5 cups fresh/frozen green beans, cooked
½ cup corn, frozen
3 cups potatoes, mashed
Salt & pepper to taste

How you prepare:

Preheat oven to 425°F. Cook ground beef in large fry pan, until no longer pink, 4 to 5 minutes. Add onion and garlic and cook until softened, about 4 minutes.

Add thyme, ketchup and flour, stir to combine. Add ½ cup of water and veggies (but not potatoes) and cook until warmed through and liquid has thickened, about 3 minutes. Season with salt and pepper.

Spoon beef mixture into a 2-quart baking dish. Spread potatoes evening over beef. Bake until lightly browned, 10 to 15 minutes.

Per serving:

Calories: 529
Carbohydrates: 51 g
Protein: 31 g
Fat: 23 g



Find out why thousands of people receive our bi-monthly nutrition e-newsletter loaded with articles, podcasts, videos and healthy recipes! Visit www.healthstandnutrition.com today.

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com