

# SHEPHERD'S PIE

March 17, 2010

*A leprechan's favorite.*



- 1 2-pound package prepared frozen mashed potatoes
- ½ cup milk
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 4 cups meat loaf mixture
- 1 large carrot, chopped (1 cup)
- 1 celery stalk, sliced (1 cup)
- 2 tablespoons flour
- 2 cups chicken broth
- ½ cup frozen peas
- 1 14-ounce can whole potatoes (drained and cubed)

Heat oven to 400°F. In a saucepan, gently heat mashed potatoes and milk, stirring occasionally, until well combined. Remove from heat and stir in butter. Set aside. Heat olive oil in a large skillet over medium-high heat. Add meat-loaf mixture and cook, breaking up with a spoon, until browned 5 to 7 minutes. Add carrot and celery, and cook 5 minutes. Sprinkle in flour, stir, then add chicken broth. Simmer 3 minutes and remove from heat. Add peas and whole potatoes. Spoon into an ovenproof casserole and top with the mashed potatoes. Bake until the top is golden, about 40 minutes.

**Yield: Serves 4**

## **Nutrition Information**

**Calories 774 (0% from fat); FAT 38g (sat 14g); CHOLESTEROL 176mg; CALCIUM 87 mg; CARBOHYDRATE 52g; SODIUM 579mg; PROTEIN 50mg; FIBER 10g; IRON 5mg**

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## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**

**Providing guidance and support to make the “healthy choice the easy choice.”**

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