

Sweet Shepherd's Pie

Serving Size: 1/6 of the recipe

Serves: 6

Ingredients

4 sweet potatoes, peeled and cubed
1 tablespoon extra light olive oil
1 medium onion, diced
2 pounds 95% lean ground beef
2 tablespoons all-purpose flour
1 clove garlic, minced
1 medium tomato, diced
1 dash Worcestershire sauce
2 tablespoons chopped fresh parsley
1 tablespoon fresh thyme
1 tablespoon fresh basil
1 teaspoon fresh sage
dash of salt
1 teaspoon ground black pepper
1 - 10 ounce package frozen peas and carrots, thawed
3 tablespoons low sodium beef broth
2 tablespoons margarine melted

Directions

Preheat oven to 350 degrees.

Place the sweet potatoes in a pot with enough water to cover and boil for 15 minutes or until tender.

Meanwhile, heat the oil in a large skillet over medium high heat and sauté the onion until tender. Add the ground beef and continue stirring and cooking until browned. Spoon off any excess fat. Stir in the flour.

To the ground beef, add the garlic, tomato, Worcestershire sauce, parsley, fresh herbs, salt and pepper. Stir in the peas and carrots.

Add the beef broth to the beef mixture. Stir all together and pour into a large casserole dish.

Drain and mash separately the sweet potatoes.

Cover the beef mixture with a layer of sweet potatoes.

Create some vent holes through the potato topping.

Bake at 350 degrees for 25 minutes. Brush the melted margarine over the potatoes for the last 5 minutes of baking.

Exchanges per serving:

4 Lean Meats, 1 Starch, 2 Vegetables

Nutrients per serving:

Calories: 382

Calories from fat: 124

Total Fat: 14g

Saturated Fat: 4g

Cholesterol: 93mg

Sodium: 210mg

Carbohydrate: 28g

Dietary Fiber: 5g

Protein: 36g