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Sheppard's Pie

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 Tablespoons butter, melted
- 2 (14½ -ounce) cans creamed corn
- 4 cups plain mashed potatoes
- salt & pepper to taste

Makes 8 servings - 27% calories from fat

Nutrition Facts

Serving Size 1/8 of casserole
Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat 70**

% Daily Value*

Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 5g	

Protein 15g

Vitamin A 2% • Vitamin C 20%
Calcium 2% • 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

Instructions:

1. In a medium skillet, brown meat with onion. Drain meat mixture.
2. Melt butter, set aside.
3. Spread meat mixture evenly in bottom of casserole dish, cover with creamed corn. Spread mashed potatoes on top of corn, being careful not to mix potatoes with corn. Drizzle butter over top of potatoes. Cover with lid or foil.
4. Bake in a 350F oven for 25-30 minutes.
5. Remove cover and place under broiler until lightly browned.

Notes:

- Use fresh boiled potatoes or leftovers.
- May add other leftover vegetables.
- Serve with dinner rolls and tossed salad if desired.

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