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Sheppard's Pie

Ingredients

- 1 pound lean ground beef
1 medium onion, chopped
1 Tablespoons butter, melted
2 (14 1/2 -ounce) cans creamed corn
4 cups plain mashed potatoes
salt & pepper to taste

Makes 8 servings

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 350°F 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.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value\*. Rows include: Serving Size 1/8 of casserole, Servings Per Container 8, 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%. Includes a disclaimer about daily values and a small table for calorie needs.

27% calories from fat

Last Revised: October 2018



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.