

Super Shepherd's Pie

Yield: 7 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/frozen-corn-recipe-for-thanksgiving>

Ingredients:

- 1 1/2 pounds lean ground beef
- 7 medium potatoes about 6-7 cups raw, chopped
- 3 carrots chopped, about 2/12 cups raw, chopped
- 1 onion chopped, about 1 cup
- 1 clove minced garlic
- 1 cup frozen corn
- 1 cup frozen green beans optional
- 1 cup frozen peas
- 1 tablespoon tomato paste
- 1 teaspoon thyme
- 6 tablespoons butter
- 1/2 cup milk
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 package gravy mix beef, prepared as per instructions
- 1 cup cheddar cheese shredded, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 105 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 32 grams
7. SaturatedFat: 12 grams
8. Sodium: 660 milligrams
9. Sugar: 7 grams

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