

Italian Shepherd's Pie

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-shepherd-s-pie-recipe>

Ingredients:

- 1 pound ground beef
- 2 teaspoons oil
- 1 onion diced
- 2 carrots peeled and diced
- 2 cloves garlic minced
- 1 tablespoon italian seasoning
- 28 ounces stewed tomatoes
- 2 teaspoons tomato paste
- 1/4 cup beef broth
- 1/2 cup sliced mushrooms
- 2 cups mashed potatoes
- 1 tablespoon garlic powder
- 3/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 105 milligrams
4. Fat: 29 grams
5. Fiber: 6 grams
6. Protein: 34 grams
7. SaturatedFat: 13 grams
8. Sodium: 1230 milligrams
9. Sugar: 12 grams
10. TransFat: 1 grams

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