

Mary Nichols' Shepherd Pie

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/kabob-koobideh-persian-ground-meat-kabobs-recipes>

Ingredients:

- 1 1/2 pounds ground meat lamb or beef
- 1 cup chopped onion
- 1/4 cup beef bouillon
- 16 1/2 ounces English peas
- 1/2 pound carrots sliced thin
- 2 cups gravy
- 2 1/2 pounds mashed potatoes

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 145 milligrams
4. Fat: 31 grams
5. Fiber: 12 grams
6. Protein: 49 grams
7. SaturatedFat: 16 grams
8. Sodium: 1760 milligrams
9. Sugar: 12 grams
10. TransFat: 1.5 grams

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