

Shepherd's Pie (aka. Cottage Pie)

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-cottage-pie-recipe-bbc-good-food>

Ingredients:

- 3 russet potatoes large
- 2 tablespoons butter
- 1/2 cup milk
- 1 teaspoon garlic powder
- 2 pounds ground beef or lamb, turkey
- 1 small onion chopped
- 2 cloves garlic minced
- 1/2 teaspoon salt each, and pepper
- 2 tablespoons flour
- 2 tablespoons tomato paste
- 1 cup beef broth
- 1/2 tablespoon worcestershire sauce
- 1/2 teaspoon dried oregano
- 1 1/2 cups frozen peas and carrots
- 1/2 cup frozen corn
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 100 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 12 grams
8. Sodium: 510 milligrams
9. Sugar: 3 grams

10. TransFat: 1 grams

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