

Shepards Pie (Beef, Turkey or Lamb)

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-beef-with-peppers-and-italian-seasoning>

Ingredients:

- 1 pound beef Ground Turkey, or Lamb
- 1 cup diced yellow onion
- 3 garlic cloves Minced
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cayenne optional
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground thyme
- 1/4 teaspoon Italian seasoning
- 1/3 cup red wine or Chicken Stock
- 1 cup peas /Carrots Mix
- vegetable oil unchecked?
- salt unchecked?, to taste
- 5 Yukon Gold potatoes washed and skinned
- 1/4 cup sour cream
- 1/3 cup milk
- 4 tablespoons butter
- salt
- pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 80 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams

6. Protein: 22 grams
 7. SaturatedFat: 11 grams
 8. Sodium: 430 milligrams
 9. Sugar: 4 grams
 10. TransFat: 1 grams
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