

Updated Shepherds Pie

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-shepherds-pie-recipe>

Ingredients:

- 1 1/4 pounds red potatoes cut into chunks
- 3 cloves garlic
- 1 pound extra lean ground beef
- 2 tablespoons flour
- 4 cups frozen mixed vegetables carrots, corn, green beans, peas, thawed
- 3/4 cup fat free reduced sodium beef broth
- 2 tablespoons ketchup
- 3/4 cup Knudsen Light Sour Cream or BREAKSTONE'S Reduced Fat
- 1/2 cup shredded sharp cheddar cheese KRAFT 2% Milk, divided

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 4 grams
8. Sodium: 170 milligrams
9. Sugar: 2 grams

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