

Shepherds Pie

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-fried-ground-beef-and-potatoes-recipe>

Ingredients:

- 1 1/2 pounds ground beef
- 1 large onion finely chopped
- 1/2 teaspoon salt or seasoned salt
- 1 dash pepper
- 1 cup beef broth
- 1 tablespoon Worcestershire sauce
- 2 tablespoons butter
- 2 tablespoons flour
- 1 1/2 cups frozen mixed vegetables peas and carrots, or corn
- 5 potatoes boiled
- 2 tablespoons butter
- milk bit of
- salt
- pepper

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 145 milligrams
4. Fat: 38 grams
5. Fiber: 8 grams
6. Protein: 40 grams
7. SaturatedFat: 18 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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