

Shepard's Pie

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-egg-and-potato-recipe>

Ingredients:

- 3 potatoes peeled and cubed
- cream cheese
- 1/2 cup sour cream
- 1 large egg
- ground black pepper
- salt
- 1 tablespoon extra-virgin olive oil
- 1 3/4 pounds ground beef
- 1 carrot peeled, quartered and sliced
- onion 1 med., chopped
- garlic clove 1 lg., minced
- 4 mushrooms chopped
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup beef stock or broth
- 2 teaspoons worcestershire
- 1/2 cup frozen peas
- 1 teaspoon sweet paprika
- 1/2 cup shredded cheddar cheese
- 2 tablespoons fresh parsley leaves chopped

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 245 milligrams
4. Fat: 54 grams
5. Fiber: 5 grams
6. Protein: 51 grams
7. SaturatedFat: 25 grams

8. Sodium: 710 milligrams
 9. Sugar: 7 grams
 10. TransFat: 2 grams
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