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Sheppard's Pie

Ingredients

1 pound lean ground beef

1 medium onion, chopped

2 (14½ -ounce) cans creamed corn

1½ cup mashed potatoes

1 Tablespoon butter

salt & pepper to taste

Makes 8 servings

Instructions

1. In skillet, brown meat with onion. Drain meat mixture.
2. Melt butter.
3. Place mixture in bottom of casserole dish, pour creamed corn over meat. Spread mashed potatoes on top of corn carefully not to mix potatoes with corn. Drizzle with butter.
4. Bake covered in preheated oven at 350°F until all is hot (approximately 30 minutes).
5. Remove cover and place under broiler to lightly brown top. Serve with dinner rolls and tossed salad if desired.

Note:

- Use fresh mashed potatoes *or* leftovers.
- May add other leftover vegetables.

Nutrition Facts

Serving Size 1/8 of casserole
Servings Per Container 8

Amount Per Serving

Calories 210	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 380mg	**16%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 13g	

Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

33% calories from fat

Source: Cornell Cooperative Extension Of Schoharie County**.** January 2010

Eat Smart New York
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