

BEEFY SHEPHERD'S PIE

Total preparation and cooking time: 50 minutes to 1 hour

- 1 pound ground beef (90% to 95% lean)**
- 1 medium onion, chopped**
- 1 jar (12 ounces) mushroom *or* beef gravy**
- 1-1/2 cups frozen peas**
- 1/4 teaspoon pepper**
- 2-1/2 to 3 cups prepared mashed potatoes, warmed**
- 2 tablespoons shredded Parmesan cheese
(optional)**

1. Heat oven to 450°F. Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking beef up into 3/4-inch crumbles. Pour off drippings. Stir in gravy and peas; season with pepper.
2. Spoon beef mixture into 2-quart baking dish. Top with potatoes, spreading evenly; sprinkle with cheese, if desired. Bake in 450°F oven 25 to 30 minutes or until bubbly and cheese begins to brown.

Makes 4 servings.

Cook's Tip: Any type of prepared mashed potatoes may be used in this recipe: instant, refrigerated, frozen or homemade.

Nutrition information per serving: 389 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 85 mg cholesterol; 1054 mg sodium; 40 g carbohydrate; 2.7 g fiber; 35 g protein; 8.9 mg niacin; 0.8 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.4 mg iron; 20.4 mcg selenium; 7.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.