

# HEALTHIER SHEPHERD'S PIE

## INGREDIENTS

- 1.5 pounds lean ground beef (90% lean or higher)
- 2 large carrots, peeled and shredded (about 2 cups)
- 1 tsp garlic powder
- 1 tsp onion powder
- One 15-ounce can pinto beans, drained and rinsed
- 4 cups mashed potatoes
- One 14.5-ounce can all-natural tomato soup
- 1.5 cups shredded reduced-fat Cheddar cheese
- 1 cup frozen corn kernels, thawed
- Kosher salt and freshly ground black pepper
- 2 Tbsp grated Parmesan

## DIRECTIONS

1. Preheat oven to 375°F. Lightly oil a 9x13 baking dish with nonstick cooking spray and set aside.
2. Place a large Dutch oven or nonstick skillet over medium-high heat. Add the beef, carrots, garlic powder, and onion powder and cook, breaking up large pieces, until meat is no longer pink and the carrots are tender, about 5 minutes. Drain excess fat.
3. Stir in beans, tomato soup, cheese, and corn. Simmer until heated through, 2 to 3 minutes. Season with salt and pepper to taste.
4. Arrange meat mixture evenly in the prepared pan. Spread the mashed potatoes evenly on top, and sprinkle with the Parmesan cheese.
5. Bake until meat mixture starts to bubble and potatoes are heated through, about 15 minutes. Turn the oven to broil and broil until the top turns golden brown, 2 to 4 minutes.



*Recipe courtesy of Academy of Nutrition and Dietetics*