

Mushroom Shepherd's Pie

Serves 2

Recipe adapted from hellofresh.com

1 lb Yukon Gold or yellow potatoes, peeled and sliced

2 TBSP low-fat milk

1 TBSP unsalted butter

¼ teaspoon Kosher salt

¼ teaspoon freshly ground black pepper

1 TBSP olive oil

1 onion, diced

2 carrots, diced

8 oz mushrooms, sliced

2 ribs celery, sliced

8 oz ground turkey

2 cloves garlic, minced

2 TBSP tomato paste

2 teaspoons low sodium roasted vegetable, beef or chicken stock concentrate

¼ cup water

1 TBSP all-purpose flour

½ cup frozen peas

1 sprig fresh thyme, picked

½ cup cheddar cheese (or Colby/cheddar mix), shredded

Cooking spray

Salt and pepper to taste

Preheat oven to 350°.

Spray an 8" baking pan or pie plate with cooking spray and set aside.

Fill a medium saucepan with sliced potatoes and cover with cold water.

Bring to a boil, reduce heat to a simmer, and cook until potatoes are fork tender. Drain. Mash potatoes with a fork or potato masher. Stir in milk and butter. Season with salt and pepper. Set aside.

In a large skillet, add olive oil over medium-high heat. Cook onion, carrot, mushrooms and celery until soft. Add turkey and garlic and cook until turkey is completely cooked through. Add tomato paste, stock concentrate and a ¼ cup water. Stir in flour and cook for a few minutes until mixture thickens. Remove from heat and stir in peas and thyme. Season with salt and pepper.

Pour vegetable mixture into baking dish. Spread spoonfuls of mashed potatoes over the top of the vegetable mixture. Sprinkle with grated cheese.

Bake until mixture is bubble and cheese is melted, about 20 minutes.

Nutrition Information per Serving Calories 580.2; Fat 30.3 g; Saturated Fat 9.8 g; Sodium 801.8 mg;
Fiber 7.8 g; Sugars 13.8 g; Added Sugars 0 g; Protein 47.5 g