



Healthy Eating & Weight Loss

Lazy Shephard's Pie

- 4 large potatoes,, peeled and cubed
- 1/4 cup milk
- 1 green onion, sliced
- 1 pound ground beef
- 1 tbsp vegetable oil
- 2 1/2 cups small mushrooms (about 8 oz)
- 1 onion, diced
- 1 tsp dried thyme
- 1/4 tsp each salt and pepper
- 1 1/2 cups beef stock
- 1 tbsp cornstarch
- 1 tbsp Dijon mustard
- 1 cup frozen peas

Boil water and cook, drain and mash potatoes. Stir in milk and green onion

Brown beef over medium-high heat. Drain fat from skillet. Transfer meat to a bowl or plate. In same skillet, heat oil over medium heat and fry mushrooms, onion, thyme, salt and pepper. Cook until mushrooms are golden (about 8 minutes)

Whisk together stock, cornstarch and mustard and stir in with onion mushroom mix in skillet. Add beefs and peas and bring to a boil. Reduce and simmer until thickened and heated through about 5 minutes. Serve over mashed potatoes. Makes 4 servings

490 calories per serving, 30 g protein

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