

# UPSIDE DOWN SHEPHERD'S PIE

COMFORT FOOD FROM THE HEART

## INGREDIENTS

- 1 lb lean ground beef (93% lean or higher)
- 6 small baking potatoes
- 1 tablespoon tomato paste
- 2 tablespoons all purpose flour
- 1 can low-sodium beef broth
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried parsley
- 1/2 teaspoon black pepper
- 1/2 bag frozen peas and carrots

## INSTRUCTIONS

1. Cook beef in a skillet over medium heat then rinse with hot water and drain in a colander
2. While beef cooks, pierce potatoes on all sides with a fork then microwave on a paper towel for 15-20 minutes, turning halfway (microwave times will vary depending on the size of the potatoes)
3. Return beef to the pan and add the tomato paste and flour
4. Stir well until completely incorporated
5. Add the remaining ingredients
6. Sauce will be thin, so allow to simmer uncovered for 10-15 minutes until desired consistency
7. Split open the potatoes, fluff the inside with a fork, and divide sauce evenly over the top

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HEART HEALTHY



6 SERVINGS



30 MIN



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## NUTRITION FACTS

### THE SCOOP ON BEEF & HEART DISEASE

Yes, you can still occasionally enjoy ground beef if you have heart disease! Just be sure to choose the leanest variety and drain and rinse well with hot water to reduce the fat content. Then, by seasoning the sauce with herbs and spices, you can have all of the flavor without the added salt.

### POTASSIUM FOR THE WIN

Potassium can help reduce the risk of a heart attack, stroke, or other complications of heart disease. This recipe provides 35% of your daily needs thank to potassium packed potatoes!

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### CHECK THE LABEL

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Potato with sauce</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>54%</b>
Vitamin D 0.4mcg	2%
Calcium 104mg	8%
Iron 4.32mg	25%
Potassium 1739mg	35%
Vitamin A 228mcg	25%
Vitamin C 68mg	80%
Vitamin B6 0.979mg	60%
Folate 52.8mcg	15%
Vitamin B12 1.69mcg	70%
Zinc 4.74mg	45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dietary fiber has been shown to decrease blood cholesterol levels, and this recipe contains about 20% of your daily needs.

# COST BREAKDOWN

## UPSIDE DOWN SHEPHERD'S PIE

SHOPPING LIST	COST	COST PER SERVING
• 1 lb lean ground beef	\$5.67	\$0.95
• 6 small baking potatoes	\$5.52	\$0.92
• 1 bag frozen peas and carrots	\$0.88	\$0.15
• 6 oz can of tomato paste	\$0.76	\$0.13
• 1 can low-sodium beef broth	\$0.72	\$0.12
• Garlic powder	\$1.00	\$0.17
• Onion powder	\$1.00	\$0.17
• Dried parsley	\$1.00	\$0.17
<b>TOTAL</b>	<b>\$16.55*</b>	<b>\$2.76</b>

\*Based on 6 servings. Prices obtained from Walmart.com

Stocking up on store brand herbs and spices is an affordable way to season your meals without adding any extra sugar or salt. Be sure to use garlic powder and not garlic salt to control the sodium!

Even if you don't need all 6 servings, go ahead and prepare the whole recipe for the sauce. Leftover sauce will keep in the fridge for 2-3 days or in the freezer for up to 6 months.



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