

LUCK 'O THE IRISH SHEPHERD'S PIE

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Gluten Free, Higher Fiber, Lower Saturated Fat

Serves: 5 (Serving= 1 pan)

Nutrition (per serving)

Calories: 353	Total Carbohydrate: 40
Total Fat: 6 g	Dietary Fiber: 6 g
Saturated Fat: 1 g	Total Sugars: 15 g
Sodium: 663 mg	Protein: 34 g

Ingredients

- 1 Tablespoon canola oil
- 1 medium onion, diced
- 19.2 ounce package 99% lean ground turkey breast
- 2 Tablespoons Worcestershire sauce (check to make sure gluten free for GF version)
- 1 $\frac{3}{4}$ cup carrots, diced (frozen or *canned)
- 1 cup peas, (frozen or *canned)
- 1 cup corn, (frozen or *canned)
- $\frac{1}{4}$ cup tomato paste
- 1 cup unsalted vegetable broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground black pepper
- 2 $\frac{1}{2}$ cups prepared mashed potatoes (choose gluten free for GF version)
- Paprika, garnish
- Parsley, garnish

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large skillet over medium-high heat, cook onions, turkey, and Worcestershire in canola oil until little pink left.
3. Add carrots, peas, corn, tomato paste, vegetable broth, rosemary, thyme, nutmeg and black pepper and cook additional 10 minutes over low-medium heat.
4. Divide meat and vegetable mixture evenly among 5 pot pie pans (5 inches in diameter) or tart pans. Top each with ½ cup mashed potatoes, spread to cover.
5. Bake for 15-20 minutes, or until potatoes turn a slight golden brown. Garnish each pie with a sprinkle of paprika and parsley.

* Remember to buy no salt added versions if available or drain and rinse to cut back on sodium!