

Beef

Italian-Style Shepherd's Pie

Betty Crocker Best-Loved Casserole

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1 pound beef sirloin steak, trimmed of fat and cut into 1-inch cubed
1 medium (1 cup) onion, sliced
2 medium (1 cup) carrots, sliced
1/2 teaspoon seasoned salt
1/4 teaspoon pepper
1 1/2 cups (4 oz) fresh mushrooms, sliced
1 jar (14 oz) tomato pasta sauce
1 pouch roasted garlic mashed potato flakes
1 cup hot water
2/3 cup milk
2 tablespoons butter
2 tablespoons fresh Parmesan cheese, shredded

Preheat oven to 375 degrees.

Spray a 2-quart casserole with cooking spray.

Heat a 12-inch nonstick skillet over medium-high heat. Add beef, onion and carrots; sprinkle with seasoned salt and pepper. Cook 3 to 5 minutes, stirring frequently, until beef is thoroughly cooked.

Stir in mushrooms and pasta sauce. Heat to boiling; reduce heat to medium. Cook 5 minutes, stirring occasionally. Spread in casserole.

Make potatoes as directed on box for four servings, using one pouch of potatoes, potato seasoning mix (if present), hot water, milk and butter. Spoon into four mounds around edge of hot beef mixture. Sprinkle cheese over all.

Bake, uncovered, 25 to 30 minutes or until bubbly and potatoes are light golden brown.

Per Serving (excluding unknown items): 356 Calories; 23g Fat (58.9% calories from fat); 28g Protein; 8g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 328mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.