

Shepherd's Pie Skillet

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Servings: 6

1 pound lean ground beef (80%)
1 box Salisbury Hamburger Helper
hot water (as called for on
Hamburger Helper box)
milk (as called for on Hamburger
Helper box)
1 1/2 cups frozen mixed vegetables,
thawed
dry mashed potato mix (for six
servings)
water (as called for on mashed potato
box)
milk (as called for on mashed potato
box)
butter (as called for on mashed potato
box)
1 cup (2 ounce) Cheddar cheese,
shredded
fresh parsley, chopped

Preparation Time: 13 minutes

Cook Time: 17 minutes

In a ten-inch skillet, cook the beef over medium-high heat for 5 to 7 minutes, stirring frequently, until brown. Drain. Stir in the hot water, milk, sauce mix and uncooked pasta (from the Hamburger Helper box) and the thawed vegetables. Heat to boiling, stirring occasionally.

Reduce the heat. Cover and simmer for about 10 minutes, stirring occasionally, until the pasta and vegetables are tender. Remove from the heat.

Meanwhile, make potatoes as directed on the box for six servings. Spoon and gently spread the mashed potatoes over the pasta mixture. Sprinkle with cheese. Cover and let stand about 5 minutes or until the cheese is melted. Sprinkle with parsley.

Per Serving (excluding unknown items): 105 Calories; 6g Fat (53.7% calories from fat); 6g Protein; 6g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 139mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	23.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	17mcg
			1mg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 20mg
Carbohydrate (g): 6g
Dietary Fiber (g): 2g
Protein (g): 6g
Sodium (mg): 139mg
Potassium (mg): 115mg
Calcium (mg): 148mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 2511IU
Vitamin A (r.e.): 291RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 105 Calories from Fat: 57

% Daily Values*

Total Fat 6g			10%
Saturated Fat	4g		20%
Cholesterol	20mg		7%
Sodium	139mg		6%
Total Carbohydrates	6g		2%
Dietary Fiber	2g		7%
Protein	6g		
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Vitamin A			50%
Vitamin C			2%
Calcium			15%
Iron			3%

* Percent Daily Values are based on a 2000 calorie diet.