

Shepard's Pie

4 Servings: 1 Makeover Meal | 1 Lean | 3 Green | 3 Condiments

430 Cal: 45g Protein | 30g Carbs. | 14g Fat

Ingredients

- 1 cup sliced white mushrooms
- 1 cup diced celery
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 pound lean ground beef
- 2 cups frozen cut green beans
- 1, 14.5-oz can diced tomatoes
- ½ cup vegetable broth
- 2 tsp tomato paste
- 1 tsp Worcestershire sauce
- ½ tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp pepper
- 4 packets Medifast Sour Cream & Chive Mashed Potatoes
- 1 cup reduced-fat shredded cheddar cheese

Instructions

Preheat oven to 375 °F.

Add mushrooms, celery, onion, and garlic to a large, lightly-greased skillet, and cook on medium heat until tender, about 5 to 7 minutes. Add ground beef, and cook until browned, about 8 to 10 minutes.

Once beef is browned, add green beans, tomatoes, broth, tomato paste, Worcestershire sauce, and seasonings, and cook for an additional 10 minutes, stirring frequently.

Meanwhile, prepare Medifast mashed potatoes according to packet directions.

Transfer beef mixture to an oven-proof, medium-sized baking dish, and spread evenly. Spoon mashed potatoes over top of beef mixture, and spread evenly. Sprinkle top with cheddar cheese. Bake for 20 to 25 minutes, until edges start to brown.