



weekend intermediate

QUICK SHEPHERD'S PIE

1 pound Yukon Gold potatoes cut into 1-inch chunks
¼ cup low-fat milk
2 tablespoons butter
½ teaspoon salt divided
½ teaspoon freshly ground pepper divided
1 tablespoon extra-virgin olive oil
1 pound lean ground lamb
1 medium onion finely chopped
2 cups chopped carrots
3 tablespoons all-purpose flour
1 tablespoon chopped fresh oregano
1 14-ounce can reduced-sodium chicken broth
1 cup frozen corn, thawed

Bring 2 inches of water to a boil in large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter and ¼ teaspoon each salt and pepper. Mash together to a chunky consistency. Cover to keep warm.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add lamb, onion, carrots and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the lamb is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix and cook, stirring, for minute. Add broth and corn; bring to a simmer and cook, stirring, until thickened. 3 to 5 minutes more.

Ladle the lamb stew into 4 bowls and top with the potatoes.

Serves 4
Active Time: 35m
Total Time: 35m

NUTRITION FACTS

Amount per serving:
Calories: 410
Total Fat: 16g
Saturated Fat: 6g
Monounsaturated Fat: 7g
Cholesterol: 74mg
Sodium: 630mg
Carbohydrates: 43g
Dietary Fiber: 5g
Total Sugars: 7g
Added Sugars: 0g
Protein: 25g
Potassium: 1167mg

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