

# Food Lion Shepherd's Pie

prep time 30 min  
total time 50 min  
makes 6 servings, about 1-1/2 cups each

## Ingredients:

- 1-1/4 lb. red potatoes, cut into chunks
- 3 large cloves garlic, peeled
- 3/4 cup Food Lion Sour Cream
- 1/2 cup Food Lion Shredded Sharp Cheddar Cheese, divided
- 1 lb. extra lean ground beef
- 2 Tbsp. flour
- 3 cans Food Lion mixed vegetables
- 3/4 cup reduced-sodium beef broth
- 2 Tbsp. ketchup

## Instructions:

PLACE potatoes and garlic in large saucepan; add enough water to cover. Bring to boil. Reduce heat to low; simmer 20 min. or until potatoes are tender. Drain; return to saucepan. Add sour cream; mash potatoes until smooth. Stir in 1/4 cup of the cheese.

PREHEAT oven to 375°F. Brown meat in large nonstick skillet. Stir in flour; cook 1 min. Add vegetables, broth and ketchup; cook 5 min. Spoon into 8-inch square baking dish; cover with potatoes.

BAKE 18 min.; sprinkle with remaining 1/4 cup cheese. Bake an additional 2 min. or until cheese is melted.

\*Substitute  
You can substitute 1 cup Low Fat Cottage Cheese for the sour cream. Place cottage cheese in food processor or blender; cover. Blend until smooth, scraping down side of container several times.



STORE COUPON

Expires March 23, 2010

### \$1 off any purchase of Ground Beef

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