

Beef

Two-Potato Shepherds Pie

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Taste of Home Recipe Book 2015

Preparation Time: 35 minutes

Bake Time: 30 minutes

Freeze Option: Cover and freeze the unbaked casserole for up to three months.

To use: Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Preheat the oven to 350 degrees. Cover and bake for 30 minutes. Uncover and bake 20 to 25 minutes longer or until heated through.

5 large potatoes and/or sweet potatoes, peeled and cut into chunks

1 pound ground beef

1/2 pound bulk pork sausage

1/2 pound medium fresh mushrooms, quartered

2 large carrots, chopped

2 celery ribs, chopped

1 medium onion, chopped

2 cloves garlic, minced

1/2 cup orange juice

2 teaspoons grated orange peel

1 teaspoon ground nutmeg

1/4 teaspoon Worcestershire sauce

1/2 teaspoon salt, divided

1/2 teaspoon pepper, divided

1/4 cup Dijon mustard

2 teaspoons brown sugar

2 teaspoons rice vinegar

Place the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce the heat. Cover and cook for 15 to 20 minutes or until tender.

Meanwhile, in a large skillet, cook the beef, sausage, mushrooms, carrots, celery, onion and garlic over medium heat until the meat is no longer pink and the vegetables are tender. Drain. Stir the orange juice, orange peel, nutmeg, Worcester sauce, 1/4 teaspoon of salt and 1/4 teaspoon of pepper into the skillet. Bring to a boil. Cook until the liquid is evaporated.

Preheat the oven to 350 degrees.

Transfer the meat mixture to two greased eight-inch square baking dishes.

Drain the potatoes and place in a large bowl. Add the mustard, brown sugar, vinegar and remaining salt and pepper. Mash until smooth. Spread over the meat mixture.

Bake, uncovered, for 30 to 35 minutes or until heated through.

Yield: 2 four-serving casseroles

Per Serving (excluding unknown items): 1678 Calories; 125g Fat (67.0% calories from fat); 83g Protein; 55g Carbohydrate; 11g Dietary Fiber; 386mg Cholesterol; 2267mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 5 1/2 Vegetable; 1 Fruit; 18 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1678	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	67.0%	Vitamin B12 (mcg):	12.0mcg
% Calories from Carbohydrates:	13.2%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	19.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	125g	Folacin (mcg):	172mcg
Saturated Fat (g):	50g	Niacin (mg):	23mg
Monounsaturated Fat (g):	55g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	386mg	% Refuse:	0 0%
Carbohydrate (g):	55g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	0
Protein (g):	83g	Lean Meat:	11
Sodium (mg):	2267mg	Vegetable:	5 1/2
Potassium (mg):	2324mg	Fruit:	1
Calcium (mg):	234mg	Non-Fat Milk:	0
Iron (mg):	11mg	Fat:	18 1/2
Zinc (mg):	18mg	Other Carbohydrates:	1/2
Vitamin C (mg):	98mg		
Vitamin A (i.u.):	40884IU		
Vitamin A (r.e.):	4124RE		

Nutrition Facts

Amount Per Serving

Calories 1678 Calories from Fat: 1124

% Daily Values

Total Fat	125g	192%
Saturated Fat	50g	249%
Cholesterol	386mg	129%
Sodium	2267mg	94%
Total Carbohydrates	55g	18%
Dietary Fiber	11g	42%
Protein	83g	

Vitamin A	818%
Vitamin C	163%
Calcium	23%
Iron	63%

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