

Cottage Pie



- 1 pound extra lean ground beef
- 1 cup diced onion
- 3 cloves garlic, minced
- 1-1/2 cups canned no salt added green beans, drained
- 1-1/2 cups peeled, sliced carrots
- 1-1/2 cups canned no salt added corn, drained
- 1/4 cup broth (low sodium beef broth or liquid drained from canned vegetables)
- 1/2 teaspoon pepper
- 1-1/2 teaspoons dried thyme
- 1-1/2 teaspoons dried rosemary
- 3 cups mashed potatoes
- Brown gravy, optional

1. Preheat oven to 350°F. Spray a 2-1/2-quart casserole with non-stick vegetable spray.
2. Heat a large skillet over medium heat. Add ground beef and onion. Cook 5 minutes or until meat is brown and onion is translucent. Add garlic and cook 30 seconds.
3. Add green beans, carrots, corn and broth; cover and cook 5 minutes or just until carrots are tender, stirring occasionally. Add pepper and herbs. Stir. Taste to check seasoning.
4. Pour beef mixture into a prepared casserole dish. Cover with mashed potatoes and bake 30 minutes or until edges brown. If serving with gravy, prepare gravy while casserole bakes.

Serves 6.

Nutrition Facts without Gravy		
Servings per recipe: 6		
Calories 340	Calories from fat 144	
% Daily Value		
Total Fat 16g	24%	
Saturated Fat 6g	30%	
Cholesterol 54mg	18%	
Sodium 326mg	14%	
Carbohydrate 32g	11%	
Dietary Fiber 5g	20%	
Protein 19g	38%	
Vitamin A: 178%	Vitamin C: 23%	Folacin: 15%
Calcium: 8%	Iron: 21%	Potassium: 25%