

LUCK 'O THE IRISH SHEPHERD'S PIE

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving= 1 dish)

Nutrition (per serving)

Calories: 150

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 340 mg

Total Carbohydrate: 23 g

Dietary Fiber: 2 g

Total Sugars: 5 g

Added Sugars: 0 g

Protein: 14 g



Ingredients

- Cooking spray
- ¾ cup diced onion
- ¾ cup diced frozen carrots
- ¾ cup frozen peas
- ¾ cup frozen corn kernels
- 1 pound 99% lean raw ground turkey breast
- 2 Tablespoons Worcestershire sauce
- ¼ cup tomato paste
- 2 teaspoons dried rosemary leaves
- 2 teaspoons dried thyme leaves
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1 cup unsalted chicken broth
- 1 Tablespoon all-purpose flour
- 5 cups prepared mashed potatoes
- Paprika, garnish
- Parsley, garnish

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large skillet sprayed with cooking spray, cook onion, carrots, peas, corn and turkey for 8-10 minutes over medium-high heat. Turn heat to low-medium and add Worcestershire, tomato paste, rosemary, thyme, garlic powder, pepper, salt and nutmeg.
3. In a separate bowl whisk together chicken broth and flour to make a slurry. Add to the skillet. Cook over low-medium heat for 5-7 minutes or until mixture thickens.
4. Scoop ½ cup of meat and vegetable mixture into mini tart pans or 1 cup glass dishes. Top with ½ cup mashed potatoes.
5. Bake for 20 minutes, or until potatoes turn a slight golden brown.
6. Garnish each pie with a sprinkle of paprika and parsley.