



IDDSI Level 5 Minced Shepherd's Pie



DIRECTIONS

1. Spray pan(s) with cooking spray.
2. Mix thawed **THICK & EASY® Minced Ground Beef** with onion powder, garlic, ground mustard, black pepper, salt, thyme, and oregano.
3. Stir in Worcestershire sauce and tomato sauce
4. Add **THICK & EASY® SHAPE & SERVE® Thickener Powder** and stir well.
5. Spread beef mixture evenly into pan.
6. Combine thawed, heated **THICK & EASY® Bulk Pureed Peas** with melted butter and salt.
7. Add **THICK & EASY® SHAPE & SERVE® Thickener Powder** and stir well.
8. Spread or portion evenly over beef mixture in pan.
9. Combine thawed, heated **THICK & EASY® Bulk Pureed Carrots** with melted butter and salt.
10. Add **THICK & EASY® SHAPE & SERVE® Thickener Powder** and stir well.
11. Spread or portion evenly over pea mixture in pan.
12. Top with mashed potatoes and sprinkle with paprika, if desired.
13. Cover tightly with aluminum foil and bake at 350°F or heat in steamer until temperature reaches 165°F and knife inserted in center of pan comes out clean.
14. Let sit for 5 minutes before cutting and portioning.

NUTRITION

Serving Size:
about 1 cup

Calories: 370

Total Fat: 18g

Saturated Fat: 8g

Cholesterol: 75mg

Sodium: 1020mg

Total Carb: 34g

Dietary Fiber: 6g

Total Sugars: 7g

Added Sugars: 3g

Protein: 21g

Vitamin D: 0% DV

Calcium: 4% DV

Iron: 15% DV

Potassium: 10% DV