



# Skillet Shepherd's Pie

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 3 servings | Serving Size: 1½ cups

## Ingredients

½ pound yellow or red potatoes (about 2 medium potatoes or 4 small potatoes), cut into 1- to 2-inch chunks

1¼ teaspoons salt

¼-½ teaspoon ground black pepper, to taste

¼-½ cup lowfat (1%) milk, based on desired consistency

1 tablespoon olive oil

½ cup diced onion (about ½ medium onion)

1 cup frozen mixed vegetables

½ pound (8 ounces) lean ground turkey (90% lean or higher)

1 tablespoon all-purpose flour

1 tablespoon Worcestershire sauce

1 garlic clove, minced (about ½ teaspoon)

¼ teaspoon dried thyme

⅔ cup (6 ounces) reduced-sodium beef broth

## Directions

1. Add the potatoes and 1 teaspoon of the salt to a medium saucepan. Add enough water to cover the potatoes. Bring to a boil, then cook until tender, about 15 minutes.
2. Drain the water, returning the potatoes to the pot. Add the remaining ¼ teaspoon of salt, black pepper, and ¼ cup of the milk. Mash with a potato masher, adding more milk as needed to adjust the consistency. Set aside.
3. Heat a broiler-safe medium skillet or sauté pan over medium heat. Add the oil and heat until shimmering.
4. Add the onion and cook for 5 minutes, then add the frozen vegetables and cook for another 5 minutes.
5. Add the ground turkey and cook until no longer pink, about 5-7 minutes, breaking it into crumbles as it cooks.
6. Add the flour, Worcestershire sauce, garlic, and thyme. Stir to combine and cook until fragrant, about 1-2 minutes.
7. Add the broth and stir to combine. Cook, stirring occasionally, until slightly thickened, about 3-4 minutes.
8. Add the mashed potatoes on the top and spread to cover.
9. Broil on high until golden-brown, about 4-5 minutes, then serve warm.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 10.5 g | Saturated Fat: 2.5 g  
Sodium: 690 mg | Total Carbohydrate: 24.5 g | Dietary Fiber: 5.5 g | Protein: 20 g**

Adapted from [Cullyskitchen.com](http://Cullyskitchen.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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