



**Heart & Home**  
Wellness Table Series



**Ronald McDonald  
House Charities**  
Central Ohio

# Healthier Shepherd's Pie

Creamy, comforting Shepherd's Pie is a time-tested family favorite. This lighter version of the classic recipe contains less fat and more fiber!

Serving Size: 1 slice | Servings: 8



## NUTRITION NOTES

- **Lean ground beef** offers a rich source of high-quality protein and essential nutrients like iron and zinc, which support muscle growth, immune function, and energy metabolism. Choosing a lean cut helps keep saturated fat lower while still providing satisfying, hearty flavor.
- **Carrots** add natural sweetness along with beta-carotene, a precursor to vitamin A that supports eye health, immune function, and skin integrity. They also provide fiber, which promotes digestive health and helps keep you feeling full.
- **Pinto beans** are a plant-based protein powerhouse, packed with fiber, folate, and magnesium. They help regulate blood sugar, support heart health, and contribute to sustained energy throughout the day.
- **Mashed potatoes** provide complex carbohydrates and potassium, which are essential for maintaining energy, muscle function, and healthy blood pressure. When made with moderate dairy like milk or butter, they also contribute calcium for bone health.

# Healthier Shepherd's Pie

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## INGREDIENTS

- 1½ pounds lean ground beef (90% lean or higher)
- 2 large carrots, peeled and shredded (about 2 cups)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- One 15-ounce can pinto beans, drained and rinsed
- One 14½-ounce can all-natural tomato soup
- 1½ cups shredded reduced-fat Cheddar cheese
- 1 cup frozen corn kernels, thawed
- Kosher salt and freshly ground black pepper
- 4 cups mashed potatoes (can use already made, store bought mashed potatoes for ease, or can use flake mashed potatoes, mix as directed on box.
- 2 tablespoons grated Parmesan cheese

## INSTRUCTIONS

1. Preheat the oven to 375°F. Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside (glass dish is preferred).
2. Place a large Dutch oven or nonstick skillet over medium-high heat. Add the beef, carrots, garlic powder, and onion powder and cook, breaking up the large pieces, until the meat is no longer pink and the carrots are tender, about 5 minutes. Drain excess fat.  
**Helpful tip:** Move ingredients to one side of the skillet & soak up excess fat with paper towels & dispose.
3. Stir in the beans, tomato soup, cheese, and corn. Simmer until heated through, 2 to 3 minutes. Season with salt and pepper to taste.
4. Arrange the meat mixture evenly in the prepared pan. Spread the mashed potatoes evenly on top, and sprinkle with the Parmesan cheese. **Helpful tip:** Omit cheese for keeping the recipe dairy free
5. Bake until the meat mixture starts to bubble and the potatoes are heated through, about 15 minutes. Turn the oven to broil and broil until the top turns golden brown, 2 to 4 minutes.

## NUTRITION FACTS *(per serving)*

*Servings Per Recipe: 8 | Serving Size: 1 slice | Calories: 370*

- Total Fat: 10
- Saturated Fat: 5g
- Sodium: 520mg
- Total Carbohydrates: 41g
- Protein: 7g

**Nutrition Profile:** *High-Protein | High-Fiber | Low-Fat | Heart-Healthy Gut Healthy*

*\* Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: [www.eatright.org](http://www.eatright.org)*