SHEPHERD’S PIE
Servings: 06 | Prep time: 0:20 | Total time: 0:45

NUTRITION INFORMATION
Per Serving
Calories: 433
Total fat: 20g
Carbohydrates: 50g
Protein: 16g

INGREDIENTS
4 cups Prepared Instant Mashed Potatoes
8 cups Canned Beef Stew
1 tbsp Canola Oil
1 tsp Pepper
Salt to taste

DIRECTIONS
1. Preheat oven to 400°F.
2. Prepare the instant mashed potatoes as indicated on the package.
3. Spread the canola oil on a 11x7 inch baking dish so that the sides and base are covered.
4. Pour the beef stew in the dish so that it fills the dish a little less than halfway.
   a. Note: if your baking dish is too small or too big, adjust the amount of stew and mashed potatoes accordingly.
5. Spread the mashed potatoes on top of the beef stew. Make sure that there is a thick layer of mashed potatoes so that the beef stew is completely sealed underneath.
6. Bake for 25 minutes or until the mashed potatoes is a golden brown.
7. Cool and serve!