



POT ROAST SHEPHERD'S PIE

ingredients:

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| 2 pounds round or chuck roast, trimmed | 1/2 pound portabella mushrooms, chopped |
| 1/4 cup fresh parsley, chopped | 1/2 cup low-sodium beef broth |
| 4 teaspoons onion powder | 6 medium-sized russet potatoes |
| 1 teaspoon crushed celery seed | 3/4 cup fat-free milk |
| 1 teaspoon oregano | 2 ounces light cream cheese |
| 1/4 teaspoon black pepper | 2 Tablespoons cornstarch |
| 3/4 cup onion, chopped | 1/4 cup shredded cheddar cheese |
| 1 1/2 cups baby carrots | |

directions:

1. Place roast in slow cooker. Sprinkle with parsley, onion powder, crushed celery seed, oregano and black pepper. Add onion, carrots, mushrooms and beef broth, and cook on low for 6 hours.
2. Rinse, peel and cut russet potatoes into quarters. Add to a large pot filled with water and boil until soft.
3. Preheat oven to 300° F.
4. Place potatoes in a bowl, add milk and cream cheese, and mash until smooth.
5. Remove meat from slow cooker and slice into 1-inch strips. Place meat and vegetables in an oven safe dish.
6. Strain the juice from the slow cooker, place in small pot and bring to a boil.
7. In a separate bowl, mix cornstarch with 1/2 cup cold water. Reduce heat and slowly add cornstarch mixture to juices while stirring constantly.
8. When juices are thickened, remove from stove and pour over meat and vegetable mixture. Top with mashed potatoes.
9. Bake in oven for 20-25 minutes. Sprinkle cheddar cheese on top and broil for an additional 2-3 minutes.

Yield: 8 servings

Nutrition Information Per Serving:

403 Calories
10 grams Fat
4 grams Saturated Fat
85 mg Cholesterol
165 mg Sodium
30 grams Carbohydrates
5 grams Sugar
3 grams Fiber
46 grams Protein

Food exchanges:

5 protein, 1 1/2 starch,
1 vegetable



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