Harveys Shepherd's Pie

prep time 30 min total time 50 min makes 6 servings, about 1-1/2 cups each

Ingredients:

I-I/4 lb. red potatoes, cut into chunks 3 large cloves garlic, peeled 3/4 cup Harveys Sour Cream 1/2 cup Harveys Shredded Sharp Cheddar Cheese, divided

I lb. extra lean ground beef

2 Tbsp. flour

4 cups Harveys frozen mixed vegetables, thawed

3/4 cup reduced-sodium beef broth

2 Tbsp. ketchup



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Instructions:

PLACE potatoes and garlic in large saucepan; add enough water to cover. Bring to boil. Reduce heat to low; simmer 20 min. or until potatoes are tender. Drain; return to saucepan. Add sour cream; mash potatoes until smooth. Stir in 1/4 cup of the cheese.

PREHEAT oven to 375°F. Brown meat in large nonstick skillet. Stir in flour; cook I min. Add vegetables, broth and ketchup; cook 5 min. Spoon into 8-inch square baking dish; cover with potatoes.

BAKE 18 min.; sprinkle with remaining 1/4 cup cheese. Bake an additional 2 min. or until cheese is melted.

*Substitute

You can substitute I cup Low Fat Cottage Cheese for the sour cream. Place cottage cheese in food processor or blender; cover. Blend until smooth, scraping down side of container several times.