






 **89%**
HEALTH SCORE

Round 2 - Shepherds Pie

 **Very Healthy**

READY IN

55 min.

SERVINGS

4

CALORIES

1762 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 3 tablespoons double-acting baking powder
- 1 cup beer
- 1 tablespoon butter
- 14.5 ounce canned tomatoes diced canned
- 4 carrots peeled sliced into rounds
- 4 celery stalks chopped
- 1 pound chuck roast cut into 1-inch cubes
- 1 tablespoon cider vinegar

- 2 tablespoons flour all-purpose
- 6 cups flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 2 teaspoons garlic minced
- 4 servings salt and ground pepper fresh black
- 1 teaspoon hot sauce
- 14.5 ounce less sodium beef broth canned
- 0.5 cup milk
- 1 medium onion chopped
- 4 large potatoes red chopped
- 2 teaspoons salt
- 4 servings salt and pepper black freshly ground
- 0.8 cup shortening
- 2 tablespoons sugar
- 1 pound yukon gold potatoes cubed peeled

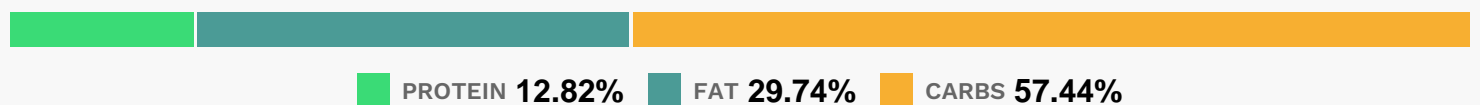
Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- mixing bowl
- pot
- ramekin
- hand mixer
- potato masher
- slow cooker

Directions

- Preheat the oven to 350 degrees F.
- Bring a large pot of salted water to a boil over medium heat.
- Add the potatoes, reduce the heat and simmer until the potatoes are cooked through and tender.
- Drain, return to pot and mash with a potato masher.
- In a small pot over low heat, add the butter and milk and heat until hot.
- Mix the butter and milk mixture to the mashed potatoes and season with salt and pepper, to taste. (For very creamy potatoes use a hand mixer to incorporate the milk and butter mixture. Only mix for about 45 seconds to prevent potatoes from getting gummy.) Set aside.
- Evenly divide the beef stew into 4 (11-ounce) ramekins. Top with the mashed potatoes and bake until the stew is bubbling and potatoes are slightly browned on top, about 30 minutes.
- In a 6-quart slow cooker combine the celery, carrots, potatoes, onions, thyme and beef. In a large bowl, stir together all the remaining ingredients and pour over the beef and vegetables in the slow cooker. Cover and cook on high for 5 hours.
- Transfer to a serving bowl and serve with Beer Biscuits.
- Preheat oven to 375 degrees F.
- In a large mixing bowl, mix all ingredients with a whisk until just combined. Using 2 spoons divide dough into 4 even mounds and put on a baking sheet.
- Bake for 8 to 10 minutes until golden brown.
- All-Purpose Baking
- In a large bowl combine the flour, baking powder and salt.
- Cut in the shortening with a pastry knife or fork until the mixture is well blended. Use in recipes that call for Bisquick or all-purpose mix.

Nutrition Facts



Properties

Glycemic Index:211.79, Glycemic Load:132.77, Inflammation Score:-10, Nutrition Score:72.811304517414%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1762.32kcal (88.12%), Fat: 58.28g (89.66%), Saturated Fat: 18.23g (113.93%), Carbohydrates: 253.24g (84.41%), Net Carbohydrates: 234.94g (85.43%), Sugar: 22.29g (24.77%), Cholesterol: 89.43mg (29.81%), Sodium: 2721.1mg (118.31%), Alcohol: 2.3g (100%), Alcohol %: 0.23% (100%), Protein: 56.52g (113.04%), Vitamin A: 10636.44IU (212.73%), Vitamin B1: 2.13mg (141.89%), Selenium: 92.46µg (132.09%), Manganese: 2.4mg (120.18%), Vitamin B3: 23.89mg (119.45%), Folate: 473.58µg (118.39%), Potassium: 3570.44mg (102.01%), Phosphorus: 1014.42mg (101.44%), Iron: 17.58mg (97.69%), Vitamin B6: 1.82mg (91.17%), Vitamin C: 71.3mg (86.43%), Vitamin B2: 1.42mg (83.69%), Zinc: 12.06mg (80.39%), Calcium: 738.16mg (73.82%), Fiber: 18.3g (73.19%), Copper: 1.21mg (60.26%), Vitamin B12: 3.28µg (54.64%), Magnesium: 213.43mg (53.36%), Vitamin K: 51.07µg (48.64%), Vitamin B5: 3.81mg (38.13%), Vitamin E: 4.54mg (30.26%), Vitamin D: 0.45µg (2.99%)