



## Shepherd's Pie from Leftover Beef Roast and Mashed Potatoes

READY IN



105 min.

SERVINGS



8

CALORIES



556 kcal

SIDE DISH

### Ingredients

- 2 cups biscuit mix instant
- 14 tablespoons butter divided (1 stick plus)
- 2 cups milk
- 1.5 cups vegetables mixed prepared
- 8 new potatoes red
- 1 small onion peeled chopped
- 1.5 pounds pot roast cut leftover cubed
- 8 servings salt and pepper black

0.5 cup cup heavy whipping cream sour

## Equipment

frying pan

sauce pan

oven

mixing bowl

pot

hand mixer

casserole dish

## Directions

Preheat oven to 350 degrees F.

Pot Roast

In a large skillet over medium-high heat, saute onion in 2 tablespoons butter.

Add pot roast and cook until browned. Season with salt and pepper, to taste. Set aside.

Potato

Peel and slice potatoes 1/4-inch thick.

Place in a saucepan, cover with cold water, and bring to a boil. Cook for approximately 15 minutes or until fork tender.

Drain potatoes and transfer to a mixing bowl. Whip potatoes with an electric mixer, mixing until moderately smooth. Don't over beat them; a few lumps are nice.

Add 1/2 cup heated milk, 1 stick butter, and sour cream. Season with salt and pepper, to taste. Whip again until mixed. Adjust thickness by adding more milk, if desired.

Biscuit

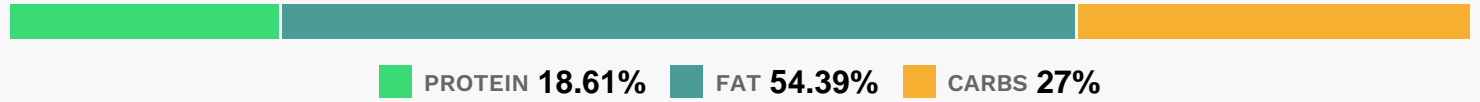
Combine biscuit mix and 1 1/2 cups of milk. The mix should be thinner than that of normal biscuit mix but not runny.

Spray a 9 by 9 by 2-inch pan (or any similar casserole dish) with cooking spray.

Layer mashed potatoes halfway up the sides of the dish. Next, spread a layer of corn or mixed vegetables on top of the potatoes. Then add the layer of pot roast and onions with gravy.

- Pour the biscuit mix over the meat. Melt 4 tablespoons of butter and drizzle over top.
- Bake for approximately 35 to 45 minutes or until top is golden brown.
- Let stand for a few minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:30.47, Glycemic Load:9.88, Inflammation Score:-9, Nutrition Score:22.145652231963%

### Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

### Nutrients (% of daily need)

Calories: 555.81kcal (27.79%), Fat: 33.76g (51.94%), Saturated Fat: 18.02g (112.6%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 34.34g (12.49%), Sugar: 7.74g (8.6%), Cholesterol: 124.36mg (41.45%), Sodium: 844.45mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin A: 2535.99IU (50.72%), Phosphorus: 479.45mg (47.95%), Vitamin B12: 2.31µg (38.55%), Zinc: 5.49mg (36.61%), Selenium: 25.37µg (36.25%), Vitamin B3: 6.92mg (34.59%), Vitamin B6: 0.69mg (34.55%), Vitamin B2: 0.44mg (25.88%), Vitamin B1: 0.37mg (24.45%), Potassium: 767.53mg (21.93%), Vitamin C: 15.45mg (18.72%), Iron: 3.35mg (18.58%), Calcium: 179.27mg (17.93%), Folate: 70.67µg (17.67%), Manganese: 0.3mg (14.98%), Magnesium: 58.26mg (14.56%), Vitamin B5: 1.36mg (13.56%), Fiber: 3.38g (13.5%), Copper: 0.22mg (11.13%), Vitamin E: 0.95mg (6.31%), Vitamin K: 6.18µg (5.89%), Vitamin D: 0.76µg (5.04%)