



Slow-Cooker Shepherd's Pie

 Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup vegetables mixed frozen
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion diced

- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 lb yukon gold potatoes

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Prick potatoes all over with a fork. Microwave potatoes on high, turning once, until tender, about 15 minutes.
- ☐ Remove from microwave, let cool slightly, then peel and mash with milk and butter. Season with salt and pepper.
- ☐ In a skillet over medium heat, warm olive oil.
- ☐ Add onion and cook, stirring, until translucent, 3 minutes.
- ☐ Add garlic and cook 30 seconds longer.
- ☐ Add beef, increase heat to medium-high and cook, breaking up chunks, until meat is cooked through and beginning to brown, 8 minutes. Stir in tomato paste, Worcestershire, thyme and 1/2 tsp. each salt and pepper. In a small cup, whisk cornstarch with 1 cup water.
- ☐ Add to skillet and cook, stirring, until liquid thickens slightly.
- ☐ Remove from heat; transfer to slow cooker.
- ☐ Layer vegetables on top of meat; top with potatoes. Cover, turn slow cooker to low and cook for 3 hours.

Nutrition Facts



 **PROTEIN 26.3%**  **FAT 29.89%**  **CARBS 43.81%**

Properties

Glycemic Index:44.79, Glycemic Load:21.52, Inflammation Score:-9, Nutrition Score:19.454347714134%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 318.95kcal (15.95%), Fat: 10.67g (16.42%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 30.14g (10.96%), Sugar: 3.05g (3.39%), Cholesterol: 58.53mg (19.51%), Sodium: 307.91mg (13.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.27%), Vitamin C: 35.41mg (42.92%), Vitamin B6: 0.82mg (41.05%), Vitamin A: 1730.18IU (34.6%), Vitamin B3: 6.27mg (31.34%), Zinc: 4.56mg (30.37%), Potassium: 1051.15mg (30.03%), Vitamin B12: 1.77µg (29.58%), Phosphorus: 278.74mg (27.87%), Selenium: 14.46µg (20.66%), Iron: 3.68mg (20.46%), Fiber: 5.06g (20.22%), Manganese: 0.38mg (18.82%), Magnesium: 64.15mg (16.04%), Vitamin B1: 0.21mg (14.02%), Copper: 0.27mg (13.74%), Vitamin B2: 0.23mg (13.43%), Vitamin B5: 1.07mg (10.7%), Folate: 41.28µg (10.32%), Vitamin K: 8.13µg (7.75%), Calcium: 61.7mg (6.17%), Vitamin E: 0.81mg (5.4%), Vitamin D: 0.29µg (1.96%)