

# Vegetable Soup Shepherd's Pie

Serves 4

A quick version of a family favorite using some basic pantry staples.

- 1 pound lean ground beef or turkey
- ½ cup onion, chopped
- 1 teaspoon ground black pepper
- 2 cans vegetable soup
- 1 can corn, no salt added, drained
- Instant or leftover mashed potatoes (about 2 cups) prepared

1. Preheat oven to 350° F. In a large pan, sauté ground meat and onions. Drain the meat. Add soup and corn and simmer until hot.

2. Pour meat mixture into 8" x 8" baking dish. Spread with mashed potatoes.

3. Bake uncovered at 350° F for 20 minutes.

Nutrition information: calories 365, total fat 9g, saturated fat 3g, sodium 775mg, carbohydrate 47g, dietary fiber 6g, protein 28g

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**Healthy Tip**  
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Soups contain high levels of salt. Using a reduced sodium soup will make this dish much lower. Adding extra water and more vegetables is another way to add more servings per recipe, cut the amount of sodium per serving, and add fiber, vitamins and minerals.

