



# Shepherd's Pie with Sweet Potatoes

23

4 Servings

## Ingredients

- 2 large sweet potatoes
- 1 pound lean ground beef or turkey (90% lean)
- ½ cup chopped onion
- 1 can (8-¾ ounces) whole kernel corn, drained
- 1 can (8-¾ ounces) green beans, drained
- 1 cup tomato sauce
- Dash each ground cinnamon, allspice, and nutmeg
- 2 tablespoons butter
- 2 tablespoons 2% milk
- ¼ teaspoon salt
- ¼ teaspoon pepper

## Directions

1. Clean and pierce each sweet potato; place on a microwave-safe plate. Microwave, uncovered, 8-10 minutes on high, turning once.
2. Place meat, corn, onions, green beans, and tomato sauce in a 1-qt. baking dish that is coated with cooking spray.
3. Once cool, cut the sweet potatoes in half; scoop out the pulp and place in a small bowl. Mash with butter, milk, salt and pepper. Spread evenly over meat mixture.
4. Bake, uncovered, at 350° for 25-30 minutes or until heated through.