



Shepherd's Pie Stuffed Potatoes



1/2 of recipe (1 stuffed potato): 226 calories, 4g total fat (1.5g sat. fat), 335mg sodium, 33.5g carbs, 2.5g fiber, 2.5g sugars, 13.5 protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

Two 8-oz. (medium) russet potatoes
3 oz. raw extra-lean ground beef (at least 95% lean)
1/2 cup frozen petite mixed vegetables
1/4 tsp. garlic powder, divided
1/4 tsp. onion powder, divided
2 dashes salt, divided
2 dashes black pepper, divided
3 tbsp. beef gravy, or more for topping
2 tsp. light butter
Optional topping: chopped chives

Directions

Peel a long 2-inch-wide strip of potato skin from the top of each potato. Pierce potatoes several times with a fork. Wrap each potato in a paper towel. Microwave until soft, 7–9 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, veggies, 1/8 tsp. garlic powder, 1/8 tsp. onion powder, 1 dash salt, and 1 dash pepper. Cook, stir, and crumble until beef is fully cooked and veggies have thawed, about 5 minutes.

Add gravy to the skillet. Cook and stir until hot, about 1 minute. Remove from heat.

Carefully scoop out the insides of the potatoes, and add half of the pulp to a medium bowl. (Reserve remaining potato pulp for another use.) Add butter and remaining 1/8 tsp. garlic powder, 1/8 tsp. onion powder, 1 dash salt, and 1 dash pepper. Mash and mix until creamy and uniform.

Fill potato shells with beef-veggie mixture, and top with mashed potatoes.

MAKES 2 SERVINGS

HG Tip: Want your potato topping crispy? Broil for 3–4 minutes, until golden brown.

HG FYI: Some store-bought gravy includes gluten, so read labels carefully if that's a concern.

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