

INGREDIENTS

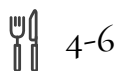
- 1 pound ground chicken
- 1/2 cup diced onions
- 1 cup frozen peas and carrots, diced
- 1/2 cup low-sodium beef broth
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1/2 teaspoon ground thyme
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 cup nonfat milk
- 1/2 cup instant potato flakes
- 1 tablespoon butter
- 1/4 teaspoon salt

INSTRUCTIONS

1. Cook the chicken: In a large stock pot, cook the ground chicken over medium-high heat, stirring often, until well done (about 5-8 minutes). Remove from heat, drain, and set aside.
2. Sauté the onions: In the same pot, sauté the onions uncovered for 5-8 minutes over medium heat until translucent.
3. Add vegetables: Stir in the frozen peas and carrots, and set aside.
4. Prepare the gravy: Heat the beef broth in a medium stock pot over medium heat for 5 minutes, bringing it to a boil. In a small bowl, mix cornstarch and water, then add to the broth. Stir in thyme, black pepper, onion powder, and paprika. Bring the mixture to a boil and cook until thickened.
5. Combine: Pour the gravy over the chicken and vegetable mixture, stirring to combine.
6. Prepare the potatoes: In a separate pot, heat the water and milk until boiling. Stir in the potato flakes, butter, and salt, mixing well but avoiding overmixing.
7. Assemble the pie: Spread the chicken mixture into a baking dish, then top with the mashed potatoes.
8. Bake: Preheat the oven to 375°F and bake the pie for 20-25 minutes or until the top is golden and the filling is bubbly.



Chicken Shepherd's Pie



4-6



Prep time 10 minutes

Cook time 35-45 minutes

Comfort food at its finest! Our Chicken Shepherd's Pie is the perfect blend of hearty goodness and savory flavors. Perfect for a cozy family dinner, this dish is sure to satisfy everyone at the table!

