

Cheeseburger Shepherd's Pie

Think in two layers with shepherd's pie: meat on the bottom and potatoes on top. Mix and match layers, adding herbs, cheeses, and spices to change the flavor.

HANDS-ON TIME 30 min.

TOTAL TIME 50 min.

- 1½ lbs. russet potatoes, peeled and cut up
- ½ cup light sour cream
- ¼ cup milk
- 4 oz. shredded cheddar cheese (1 cup)
- 1½ lbs. lean ground beef
- 1 medium red sweet pepper, chopped (¾ cup)
- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, minced
- ½ 12-oz. package frozen yellow corn (1½ cups)
- 1 cup water
- 1 6-oz. can tomato paste
- ½ cup coarsely chopped dill pickles
- ¼ cup yellow mustard
- 1 tsp. dried oregano, crushed

1. Preheat oven to 350°F. In a large saucepan cook potatoes in enough lightly salted boiling water to cover for 15 to 20 minutes or until tender; drain. Mash with a potato masher or beat with an electric mixer on low speed. Gradually add sour cream, milk, and ½ tsp. salt, mashing or beating until potato mixture is light and fluffy. Stir in ½ cup of the cheese.

2. Meanwhile, in a large skillet cook beef, sweet pepper, onion, and garlic over medium heat until brown, stirring to break up meat. Drain off any fat. Stir in corn, water, tomato paste, pickles, mustard, and oregano. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes to blend flavors. Stir in remaining ½ cup cheese.

3. Spoon beef mixture into a 2½-qt. baking dish. Spoon mashed potatoes in mounds over beef mixture. Sprinkle with additional cheddar cheese. Bake 20 minutes or until heated through and cheese melts. Top with sliced green onions and bacon, if desired. Makes 6 servings.

EACH SERVING 438 cal, 20 g fat, 101 mg chol, 875 mg sodium, 32 g carb, 4 g fiber, 34 g pro.

BARBECUE SHEPHERD'S PIE

Trade **sweet potatoes** for russet potatoes, **ground pork** for ground beef, and one **14½-oz. can diced tomatoes** for tomato paste. Add ½ cup hot and spicy barbecue sauce.

EACH SERVING 547 cal, 25 g fat, 98 mg chol, 1,372 mg sodium, 51 g carb, 6 g fiber, 29 g pro.

CUMIN-SPIKED SHEPHERD'S PIE

Use **Mexican blend shredded cheddar cheese** in potato mixture and beef mixture. Swap **14½-oz. can fire-roasted tomatoes** for tomato paste. Add **1 Tbsp. cumin** and ½ cup chopped pickled jalapeño peppers instead of pickles.

EACH SERVING 420 cal, 19 g fat, 99 mg chol, 823 mg sodium, 31 g carb, 3 g fiber, 32 g pro.

HOT ITALIAN SHEPHERD'S PIE

Trade **bulk sweet or hot Italian sausage** for ground beef, **peas** for corn, **shredded provolone** for cheddar, and ¼ cup chopped pepperoncini peppers for pickles. Top with **snipped oil-packed dried tomatoes**.

EACH SERVING 366 cal, 18 g fat, 50 mg chol, 1,301 mg sodium, 30 g carb, 5 g fiber, 27 g pro.