

Pot Roast Shepherd's Pie

INGREDIENTS (Yield: 8 servings)

- 2 pounds round or chick roast, trimmed
- ¼ cup fresh parsley, chopped
- 4 teaspoons onion powder
- 1 teaspoon crushed celery seed
- 1 teaspoon oregano
- ¼ teaspoon black pepper
- ¾ cup onion, chopped
- 1 ½ cups baby carrots
- ½ pound portabella mushrooms, chopped
- ½ cup low-sodium beef broth
- 6 medium-sized russet potatoes
- ¾ cup fat-free milk
- 2 ounces light cream cheese
- 2 tablespoons cornstarch
- ¼ cup shredded cheddar cheese

NUTRITION INFORMATION: 403 Calories; 10 grams Fat; 4 grams Saturated Fat; 85 mg Cholesterol; 165 mg Sodium; 30 grams Carbohydrates; 5 grams Sugar; 3 grams Fiber; 46 grams Protein

DIRECTIONS

1. Place trimmed roast in slow cooker. Sprinkle with parsley, onion powder, crushed celery seed, oregano and black pepper. Add onion, carrots, mushrooms and beef broth and cook on low for 6 hours.
2. Rinse, peel and cut russet potatoes into quarters. Add to a large pot filled with water and boil until soft. While the potatoes cook, preheat the oven to 300 degrees Fahrenheit. Place cooked potatoes in a bowl and add milk and cream cheese and mash until smooth.
3. Remove meat from slow cooker and slice into 1-inch strips. Place meat and vegetables in an over safe dish.
4. Strain the juice from the slow cooker, place in small pot and bring to a boil. In a separate bowl, mix cornstarch with ½ cup cold water. Reduce heat and slowly add cornstarch mixture to juices while stirring constantly. When juices are thickened, remove from stove and pour over meat and vegetable mixture.
5. Top with mashed potatoes (chef note: you can use a pastry bag fitted with a large tip – or plastic freezer bag with one corner snipped off – to make a piped design or you can simply spread the mashed potatoes on top with a spatula)
6. Bake in oven for 20 – 25 minutes. Sprinkle cheddar cheese on top and broil for an additional 2 – 3 minutes.