



Veggie Tot Shepherd's Pie



Developed by Hungry Girl. Brought to you by [Green Giant®](#) !

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1/6th of recipe: 279 calories, 9.5g total fat (2g sat. fat), 705mg sodium, 27g carbs, 4g fiber, 5.5g sugars, 19.5g protein

Prep: 10 minutes **Cook:** 45 minutes

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Ingredients

1 lb. raw extra-lean ground beef (at least 96% lean)
1 cup chopped onion
3 cups unprepared [Green Giant Simply Steam™ Mixed Vegetables](#), thawed and drained
One 10.75-oz. can 98% fat-free cream of mushroom condensed soup
One 14-oz. bag [Green Giant Veggie Tots® Cauliflower](#)

Seasonings

1/2 tsp. garlic powder (like [the kind by Spice Islands®](#))
1/4 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5 - 7 minutes.

Remove skillet from heat. Add Mixed Vegetables and soup, and mix thoroughly.

Transfer mixture to the baking pan, and smooth out the top. Evenly top with Veggie Tots. Bake until hot and bubbly, about 35 minutes.

Set oven to broil. Broil until Veggie Tots have lightly browned, about 3 minutes.

MAKES 6 SERVINGS

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