Skillet Shepherd’s Pie

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes
Yield: 3 servings | Serving Size: 1½ cups

Ingredients

- ½ pound yellow or red potatoes (about 2 medium potatoes or 4 small potatoes), cut into 1- to 2-inch chunks
- 1¼ teaspoons salt
- ¼-½ teaspoon ground black pepper, to taste
- ¼-⅓ cup lowfat (1%) milk, based on desired consistency
- 1 tablespoon olive oil
- ½ cup diced onion (about ½ medium onion)
- 1 cup frozen mixed vegetables
- ½ pound (8 ounces) lean ground turkey (90% lean or higher)
- 1 tablespoon all-purpose flour
- 1 tablespoon Worcestershire sauce
- 1 garlic clove, minced (about ½ teaspoon)
- ¼ teaspoon dried thyme
- ⅓ cup (6 ounces) reduced-sodium beef broth

Directions

1. Add the potatoes and 1 teaspoon of the salt to a medium saucepan. Add enough water to cover the potatoes. Bring to a boil, then cook until tender, about 15 minutes.

2. Drain the water, returning the potatoes to the pot. Add the remaining ¼ teaspoon of salt, black pepper, and ¼ cup of the milk. Mash with a potato masher, adding more milk as needed to adjust the consistency. Set aside.

3. Heat a broiler-safe medium skillet or sauté pan over medium heat. Add the oil and heat until shimmering.

4. Add the onion and cook for 5 minutes, then add the frozen vegetables and cook for another 5 minutes.

5. Add the ground turkey and cook until no longer pink, about 5-7 minutes, breaking it into crumbles as it cooks.

6. Add the flour, Worcestershire sauce, garlic, and thyme. Stir to combine and cook until fragrant, about 1-2 minutes.

7. Add the broth and stir to combine. Cook, stirring occasionally, until slightly thickened, about 3-4 minutes.

8. Add the mashed potatoes on the top and spread to cover.

9. Broil on high until golden-brown, about 4-5 minutes, then serve warm.