



Southwestern Shepherd's Pie

Makes: 6 or 50 Servings

6 Servings

50 Servings

Ingredients	6 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Chicken Stock	2 oz		80 oz	
Cornstarch		2 Tbsp		1 cup 1 Tbsp
Corn	6 oz		50 oz	

Black beans, cooked & drained	0 oz		00 oz	
Spinach, cooked, drained, chopped		3 cup		25 cup
Cauliflower, cooked & pureered		3 cup		25 cup
Tomato sauce	12 oz		100 oz	
Shredded cheddar cheese	1 oz		8 oz	
Ground turkey	12 oz		100 oz	
Water	8 oz		20 oz	

Directions

1. Pre-heat oven to 375 degrees F.
2. Peel, chop, and steam squash until tender. Then puree.
3. Cook turkey until thoroughly done, crumble and drain well. Add chicken stock, water, and cornstarch and make a little surrey.
4. Steam frozen spinach until heated thoroughly. Drain WELL. Then chop into bite size pieces
5. Peel and finely chop onion.
7. Toast cumin in a little water. Add frozen corn and drained black beans.

8. Spoon just enough tomato sauce into bottom of pan to cover the pan.
9. Pour beef over tomato sauce in pan.
10. Add corn and beans. Then top with small amount of tomato sauce.
11. Layer with squash, spinach, and lastly with cauliflower.
12. Sprinkle lightly with cheddar cheese.
13. Bake for at least 10 minutes until thoroughly heated and cheese is melted.

Source: Columbiana Middle School (Recipes for Healthy Kids Competition)