



## **Shepherd's Pie w/ A Twist**

### **Ingredients:**

5-6 medium potatoes (whatever your favorite kind is when you make mashed potatoes)

1/2 cup milk

1/2 cup sour cream

1/4 cup Parmesan cheese

1 egg

"Stuffed Acorn Squash" filling

or here's the ingredients if you just want to make this:

1 Tbsp. olive oil

1 lb. lean ground turkey

1 tsp. sage

1 tsp. ground black pepper

1 small onion, chopped

1/2 medium green bell pepper, chopped

2 cloves garlic, minced

1 1/2 tablespoons chili powder

2 teaspoons ground cumin

1 can (15 ounces) diced tomatoes

1 15-ounce can black beans, rinsed

2 cups corn

1/2 teaspoon salt

Several dashes hot red pepper sauce, to taste

### **Method:**

1.) Peel, cube and boil potatoes for about 10 minutes.

2.) Mash potatoes together with milk, sour cream & Parmesan cheese.

3.) Add egg to potato mixture.

4.) Spread ground turkey mixture into a baking dish.

5.) Sprinkle with shredded cheddar cheese if desired.

6.) Top mixture with mashed potatoes.

7.) Bake @ 350 degrees until turkey mixture is bubbling & potatoes are browned on top.

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