Superhero Shepherd’s Pie

**Ingredients**
- 2 large baking potatoes, peeled and diced
- ½ cup shredded cheddar cheese
- ½ cup 1% or nonfat milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound lean ground beef (15% fat)
- 1 teaspoon onion powder
- 3 Tablespoons flour
- 4 cups frozen mixed vegetables
- 1 cup low-sodium broth (any type)

**Directions**
1. Wash hands with soap and water.
2. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, for about 15 minutes or until soft.
3. Drain potatoes and mash. Stir in milk, cheese, salt and pepper. Set mixture aside.
4. Preheat oven to 375 degrees F.
5. Brown meat in a large skillet. Add onion powder, if desired. Stir in flour and cook for 1 minute, stirring all the time.
6. Add vegetables and broth. Stir until bubbly, about 5 minutes.
7. Spoon vegetable mixture into an 8x8-inch square baking dish. Spread potato mixture over the top.
8. Bake until hot and bubbly, about 25 minutes.
9. Refrigerate leftovers within 2 hours.

**Notes**
- Try any mix of frozen, cooked or canned and drained vegetables you have on hand.
- Try other seasonings such as garlic powder, thyme, oregano or cilantro.