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*This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

# SHEPHERD'S PIE

Prep time: 10 minutes

Cook time: 65 minutes

Ready in: 75 minutes

## Ingredients

### For potatoes:

- 1½ pounds russet potatoes, peeled and cut into ½-inch cubes
- ½ cup lactose-free butter substitute, melted
- ¼ cup low-fat, dairy-free OR lactose-free milk
- ¼ cup low-fat, dairy-free OR lactose-free sour cream
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

### For filling:

- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, finely chopped
- 2 large carrots, peeled and finely chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme, finely chopped
- 1½ pounds lean ground beef
- 1 teaspoon kosher salt
- 1 cup fresh or frozen peas
- 2 tablespoons all-purpose white flour
- 1 cup low-sodium chicken broth
- Fresh parsley, for garnish

## Steps

1. Add potatoes to large saucepan with cool, salted water. Cover and bring to boil over high heat. Once boiling, remove lid and reduce heat to medium. Continue to simmer until tender, about 15 minutes. Drain and return potatoes to pot.
2. Mash potatoes and mix with butter substitute, low-fat, dairy-free OR lactose-free milk, low-fat, dairy-free OR lactose-free sour cream, and black pepper until smooth. Taste and adjust seasoning, if necessary. Set aside.
3. Preheat oven to 400°F. Coat baking dish with nonstick cooking spray. Heat oil in large nonstick skillet over medium heat. Add onion, carrot, garlic, and thyme and cook until soft, about 5 minutes.
4. Add beef and salt to skillet and break up with wooden spoon. Cook beef until no longer pink, about 5 minutes. Stir in peas and cook for additional 4 minutes.
5. Sprinkle flour over beef and toss to coat, cooking for 1 minute. Stir in chicken broth and bring to boil. Continue to cook until liquid thickens, about 5 minutes.
6. Transfer beef mixture to prepared baking dish and cover with an even layer of mashed potatoes. Bake 20-25 minutes, until potatoes are golden. Remove from oven and let cool 15 minutes before serving. Garnish with parsley.

\*Includes Sandostatin® (octreotide acetate) Immediate-Release Injection and Sandostatin® LAR Depot (octreotide acetate) for injectable suspension for all approved indications.

**Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.**

**Please see Indications and Important Safety Information on page 2.**

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about RealSupport™ program offerings, please follow us on [www.facebook.com /SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

Please [click here](#) for full Prescribing Information.

To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [us.sandostatin.com](http://us.sandostatin.com)

