

Healthy Recipes



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Cleaned Up Shepherd's Pie

Nutritional Info



Serving Size: 1 Plate

Calories: 377
Fat: 23g
Carbohydrates: 16g
Sugar: 7g
Sodium: 454mg
Fiber: 5g
Protein: 27g
Cholesterol: 90mg

Method

Total time: 45

Makes: 4 Servings

1. Place 2 inches of water in a large pot. Bring to a boil, place steamer insert, then cauliflower florets into the pot and cover. Steam until tender (12 mins), drain & return cauliflower to pot.
2. Add the ghee, mustard, salt, and pepper to the cauliflower. Combine the ingredients until smooth. Set aside.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the onion, celery, and carrots and sauté for 5 minutes. Add in the ground beef and cook until browned.
4. Stir the tomato paste, chicken broth, and remaining spices into the meat mixture. Season to taste with salt and pepper. Simmer until most of the liquid has evaporated, about 8 mins.
5. Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top. Use a fork to create texture in the cauliflower and drizzle with olive oil. Place under the broiler for 5-7 minutes until the top turns golden. Sprinkle with fresh parsley and serve.

Ingredients

- ♥ 1 large head cauliflower, cut into florets
- ♥ 2 tbsp ghee, melted
- ♥ 1 tsp spicy mustard
- ♥ Fresh parsley, to garnish
- ♥ 1 tbsp coconut oil
- ♥ 1/2 large onion, diced
- ♥ 3 carrots, diced
- ♥ 2 celery stalks, diced
- ♥ 1 lb. lean ground beef
- ♥ 2 tbsp tomato paste
- ♥ 1 cup chicken broth
- ♥ 1 tsp dry mustard
- ♥ 1/4 tsp cinnamon
- ♥ 1/8 tsp ground clove
- ♥ Salt and freshly ground black pepper, to taste

Helpful Hint *This version of shepherd's pie has a quarter the carbohydrates found in the traditional dish. It also contains 200% of your vitamin A and 150% of your vitamin C requirements for the day.*



