

**Entrée**

**Shepherd's Pie with Cauliflower**

**Total Yield:** Approx. 8 cups (6 servings)

**Serving Size:** Approx. 1 ¼ cup

**Cooking Methods:** Oven-baked at 400°F

**Estimated Prep Time:** 30 minutes

**Estimated Cooking Time:** 30 minutes

**Ingredients**

Cauliflower, chopped	1 medium head
Olive oil	2 tbsp
Onion	1 small
Celery, diced	2 stalks
Carrots, diced	1 small
Garlic, minced	2 cloves
Ground beef or lamb	1 lb
Beef broth	¼ cup
Cheddar and/or mozzarella	½ cup
Parsley, chopped	2 tbsp
Salt & Pepper	To taste



**Nutrition per serving**

<b>Calories (kcal)</b>	<b>537.8</b>
Total Fat (g)	36.7
Saturated Fat (g)	13.8
Sodium (mg)	561.5
Total Carbohydrates (g)	11.9
Fibre (g)	3.5
<b>Net carbohydrates (g)</b>	<b>8.4</b>
Protein (g)	40.1

**Allergens:** N/A

**Instructions:**

1. Preheat the oven to 400°F. Grease a 2-3 quart casserole dish and set aside.
2. In a large pot, steam or boil cauliflower until tender.
3. Heat 2 tablespoons of fat in a large skillet or saucepan over medium high heat. Add the onion, celery, carrots and garlic and cook until beginning to soften, around 5 minutes.
4. Add the ground meat to the pan and cook until browned. Add beef broth as necessary to keep the mixture wet. Add parsley and season with salt and pepper. Let simmer while you prepare the cauliflower topping.
5. To make the topping, drain the cooked cauliflower. Mash or puree with a stick blender until smooth. Add 2 tablespoons of olive oil and season with salt and pepper.
6. To assemble, spread the meat mixture on the bottom of the dish. Top with the cauliflower mixture and smooth with a spoon. Cover with shredded cheese, if using.
7. Bake for 30 minutes or until the top is brown and bubbly. Serve warm.

**Substitutions:**

- You can try the recipe with ground chicken or turkey instead of beef (& use chicken broth)

Adapted from: OvenLove (www.ovenloveblog.com)