



Shepherd's Pie



prep time
15 minutes



total time
1 hr, 15 min



servings
4-6

Ingredients

Beef Mixture

- 675 grams raw ground beef
~ 19 servings of protein
- 1 tbsp ghee/butter for cooking
~ 1 serving of fat
- 200 grams carrots diced
~ 1 serving of carbs
- 150 grams Brussels sprouts chopped
~ 4 servings of veggies
- 1 medium onion chopped
~ 1 serving of veggies
- 2 cloves garlic minced
- Sprinkle of sea salt for veggies
- 3/4 cup beef or chicken bone broth
- 2 1/2 tbsp tomato paste
- 1 tsp fresh minced thyme
- 1 tsp fresh minced rosemary
- Sea salt and pepper (for seasoning beef)

Mashed Potatoes

- 4-6 russet potatoes or 2 1/2 lbs/1125 grams peeled and cut into 2" pieces
~ 11 servings of carb
- 2/3 cup full-fat coconut milk blended prior to adding ~ 1.5 fat servings
- 3 Tbsp organic ghee ~ 3 fat servings
- 3 Tbsp nutritional yeast ~ 3 servings protein, 1.5 servings of carb
- Salt and pepper to taste
- Chopped fresh parsley for garnish

 comfort food

Instructions

- 1 Potatoes:** Heat a large pot with water, sprinkle with salt and bring to a boil. Add 2" potato pieces to the boiling water, and cook until very soft
- 2 Drain the potatoes and return to the pot. Set heat to low and add the ghee and coconut milk. Mash with a potato masher over very low heat, once smooth, turn heat off and add nutritional yeast, salt and pepper.

Prepare the beef mixture and assemble/bake pie:

- 1 Preheat your oven to 375 degrees.
- 2 In a deep ovenproof skillet*, Add beef to the skillet and sprinkle with sea salt. Brown beef over med/hi heat breaking up lumps with a spoon. Remove from skillet to a plate with a slotted spoon and set aside.
- 3 Adjust heat to medium and add Brussels sprouts and carrots to skillet, stir to coat and cook about 2 minutes, then add onions and cook until softened. Add garlic and sprinkle veggies with a bit of sea salt, stir, then cover the skillet briefly to soften carrots until fork-tender, if necessary.
- 4 Add the remaining ingredients for the beef mixture to the skillet, stir to combine, then return beef to skillet and stir to coat, simmer for 2 minutes or so to thicken the sauce and blend flavors.



- 5 Spread all the mashed potatoes over the beef mixture and use a spoon or spatula to smooth the top. Sprinkle with parsley, then place skillet on a large baking sheet (to catch any bubbling sauce) and bake in the preheated oven for about 20 minutes, until sauce is bubbling and top begins to turn light brown.
- 6 Remove from oven, allow to sit about 10 minutes before serving hot.

*If you don't have an ovenproof skillet, you can use a casserole dish instead to bake your shepherd's pie - cook beef mixture in a skillet and then transfer mixture to casserole dish once done cooking; spread mashed potatoes over the top and bake as instructed.

Whole Recipe Breakdown:

22 Servings Protein
13.5 Servings Carb
5.5 Servings Fat
5 Servings Veggies

