



Shepherd's Pie

SERVINGS: 8

PREPPING TIME: 40 MIN

BAKING TIME: 20 MIN

INGREDIENTS

- 1-2 heads cauliflower
- 4 cloves garlic
- ½ cup plain greek yogurt or sour cream
- 2 tbsp butter Salt and pepper to taste
- Ground beef, chicken, or turkey (2 lbs)
- 1 large onion- chopped
- Frozen mixed vegetables
- 32 oz 2 cups beef or chicken stock
- 2 TBSP arrowroot flour
- Parmesan or mozzarella cheese (optional)

DIRECTIONS

1. Boil the cauliflower with garlic until cooked (about 10-15 mins). Drain the cauliflower and put it in a blender or food processor and puree. Add greek yogurt, butter, salt and pepper. Continue to blend until smooth.
2. Saute the ground meat with onion. Add frozen mixed vegetables until warmed.
3. Add 2 TBSP arrowroot flour to 2 cups of beef or chicken stock and mix well.
4. When meat and veggies are hot, add stock mixture to meat and vegetable mixture and heat until a gravy consistency.
5. Pour meat and vegetable mixture into a baking pan. Top with mashed cauliflower. Cover with herbs, seasonings, or cheese (optional).
6. Bake at 400 F for 20 minutes.