

Farmer's Pie

1. Preheat oven to 350°F
2. Heat a large skillet over medium/medium-high heat. Add the oil and once hot, stir in the garlic, being careful not to burn.
3. Add in the turkey and stir, combining with the garlic. Cook until the meat is browned.
4. Remove the turkey from the pan, then add in the onions, carrots, celery, rosemary, and thyme.
5. Cook until onions are translucent and carrots and celery softened. Add spinach and soften. You may need to add a couple tablespoons of water or stock to reach the desired effect.
6. Add the meat mixture back into the pan, and stir in the tomato paste, Worcestershire and bring to a simmer. Simmer until any residual liquid is evaporated.
7. Pour meat/vegetable mixture into a 9" x 9" (23 cm x 33 cm) baking pan, and with a rubber spatula spread a layer of the sweet potato cauliflower mash over the top, forming a solid layer of the mash.
8. Bake for 20 minutes or until the mashed cauliflower is slightly browned on top.

Comfort food gone healthy! This nutritious twist on the comfort classic is sure to please. We swapped out traditional mashed potatoes for our favorite cauliflower sweet potato blend. Paired with our minced veggie and ground turkey base, this dish is hearty and satisfying, yet never heavy. Enjoy!!!