

Whole30 Approved Sheperd's Pie

Yum!! Comfort food at it's best. I never had sheperd's pie until I moved to Massachusetts. Apparently I missed out on this meal for many years!. It's a great meal if you looking for a stick-to-your-ribs type of meal. Everyone craves a meal like that once in a while and why not satisfy it with a non-guilty version.

Before preheating your oven, move the oven rack up one slot from the middle position to create more a gold-brown crust on the mashed potatoes. You can also make the topping from mashed cauliflower instead of potatoes. To really take this dish to the next level you can crumble some crispy prosciutto or whole30 compliant bacon over the top. I'd pick the prosciutto over the bacon but that's my personal preference. Enjoy!

xoxo,
Kristin

1. Preheat the oven to 375 degrees F.
2. In a large pot, place the sweet potatoes in the cold water and bring to a boil. Boil until the potatoes are fork-tender, about 10 minutes. Drain the water from the pot, add 2 tbsp. of the ghee and the coconut milk (away from the heat). Mash the potatoes with a potato masher, large kitchen fork or immersion blender or blend them in a food processor for a creamier texture. Transfer the potatoes to a bowl and set aside.
3. Return the same pot to the stove on medium heat, and melt the remaining 2 tbsp. of ghee. Add the onions, celery and carrots and cook stirring for 5 minutes. Add the ground

meat and garlic. Cook stirring often, until the meat is browned, 7 to 10 minutes. season with the salt, pepper, thyme leaves and oregano. Remove from the heat and let the meat and veggies cool in the pot for 5 minutes.

4. Spoon the meat and vegetable mixture evenly over the bottom of the casserole dish or 9×12 glass baking dish. Carefully spread the mashed sweet potatoes over the top of the meat and vegetable mixture. Roast in the for about 30 minutes, letting the top brown slightly. Cut into slices and serve.

Recipe from The Whole30, serves 2 (with leftovers)