

Sweet Potato Shepherd's Pie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

TOPPING

- 5 small or 3 medium sweet potatoes, peeled and cut into chunks
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp garlic powder
- 2 tbsp organic ghee or butter
- 1/2 cup non-dairy milk of your choice

BOTTOM

- 0.5 kg grass fed ground beef or ground organic chicken
- 2 small onions, finely chopped
- 2 cups carrots, finely chopped
- 2 cups frozen peas, thawed
- 1 sweet yellow pepper, finely chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- 2 garlic cloves, finely chopped
- 1 can (156mL/5.5fl oz) tomato paste
- 3/4 cup chicken or veggie stock

Instructions:

1. Preheat oven to 350F (180C).
2. Fill a large pot with water. Place sweet potato into water and bring to a boil. Cook for 12 minutes or until potatoes are fork tender.
3. Transfer potatoes to a food processor if you want the top nice and smooth or use an immersion blender and keep potatoes in pot. Or get your potato masher ready!
4. To the potatoes, add cinnamon, nutmeg, garlic powder, ghee or butter and non-dairy milk of your choice. Get blending or mashing! Set aside once done.
5. Now it's time to make the bottom pie part. In a large pan, on medium heat cook ground beef or chicken until no pink parts remain. Once done, set aside on a plate.
6. In the same pan with heat on medium, cook onions. After a few minutes, add carrots and cook for 5 more minutes.
7. Next add the yellow pepper and cook for 2 more minutes and then the thawed peas, garlic, fresh herbs and finally ground beef. Mix until combined.
8. Next add the tomato paste and veggie stock and mix in to ground beef mixture.
9. Remove from heat and spoon evenly into an 8" x 10" baking dish.
10. Spoon sweet potato mixture on top and smooth out with a spatula.
11. Place in oven and bake for 20-25 minutes. Remove from oven and enjoy warm!

Notes:

This serves 4 generously or 6 modestly.