

Shepherd's Pie



Serves 4

Ingredients:

For the filling:

- 1 pound ground beef
- 1 large onion, finely chopped
- 2-3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 2 to 3 tablespoons tomato paste
- 1 tablespoon dried oregano
- 1 tablespoon dried basil

Adapted from sjelema.blogspot.com (Food for the Soul)

- 1/2 fresh red chili pepper, finely chopped
- Salt and pepper, to taste

For the cauliflower puree:

- 1 head fresh cauliflower
- 2 tablespoons butter
- 2 tablespoons cream
- Salt and pepper, to taste
- 1/4 cup grated Parmesan cheese

Instructions:

1. Pre-heat oven to 425°F.
2. Begin by preparing the meat sauce filling. In a skillet over medium heat, cook ground beef, onions, and garlic until cooked through.
3. Add tomatoes, tomato paste, herbs, chili, salt, and pepper. Simmer for 30 minutes.
4. Meanwhile, prepare the cauliflower puree. Divide the cauliflower into florets, and steam until tender.
5. Combine cooked cauliflower, butter, cream, and cheese in a food processor and process until you have a smooth paste. Season with salt and pepper.
6. Spread the prepared meat sauce on the bottom of a baking dish. Top with cauliflower puree in an even layer. Bake for 30 minutes. Serve.

Nutrition per serving: Calories 377; Total Fat 23.6 g; Saturated Fat 11.5 g; Monounsaturated Fat 8.7 g; Polyunsaturated Fat: 0.8 g; Total Carbohydrates 17.4 g; Dietary Fiber 5.2 g; Sugar Alcohols 0.3 g; Sugars 7.7 g; Protein 26.1 g; Sodium 397 mg



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