



Sweet Potato Shepherd's Pie

4 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, peeled and roughly chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 1 Carrot (medium, finely chopped)
- 1 tbsp Italian Seasoning
- 1 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	305
Fat	15g
Monounsaturated	7g
Carbs	18g
Fiber	3g
Sugar	6g
Protein	24g
Cholesterol	74mg
Sodium	713mg
Potassium	681mg
Vitamin A	11785IU
Vitamin C	2mg
Calcium	49mg
Iron	4mg

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 2 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 3 Set oven broiler to high or 550°F (290°C).
- 4 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

Notes

Leftovers: Store in the refrigerator for up to three days or freeze for up to two months.

Baking Dish: An 8 x 8-inch baking dish was used to create four servings.

No Ground Beef: Use lean ground turkey, chicken, lamb, or pork.

More Flavor: Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

Save Time: Use frozen pre-chopped vegetables.

Serve It With: Green salad or roasted vegetables.