



Recipe for

PERFECTLY PALEO SHEPHERD'S PIE

FROM THE KITCHEN OF

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This is a great, lower carb alternative to traditional Shepherd's Pie. The topper is made with mashed cauliflower, celery root and parsnips instead of the traditional heavy potato topping. For an "exotic" twist, mash in about a half cup of goat cheese with the topper mixture.....very rich and delicious. The end product is a twist on traditional and satisfying on a cold winter day!

DIRECTIONS

Chop cauliflower (all of it, not just the florets), celery root and parsnips into approx 1 inch pieces. Place in a large pot and cover about 1/3 of the way up with water. Bring to a boil and cook until very tender, stirring often so that all of the vegetables cook evenly.

I use minimal water to prevent nutrient loss – it's a lot like steaming but will make the veggies nice and soft so you can mash them! Once tender (about 10 minutes), drain the water and return to the pot. Add the butter and garlic (if using) and mash well! I use a hand masher followed by a blender to get the best consistency. You can add about a ¼ cup of milk or broth if you need.

While the cauliflower mix is cooking, peel and dice carrots and onions to about ¼ inch pieces. In a large fry pan heat the coconut oil until melted, add the onions and carrots and cook over medium heat until carrots are softened, about 10 minutes. Remove from fry pan, add peas to the mix and set aside. (The cauliflower mixture should be done now as well!) In the same fry pan, brown the beef and garlic and then add the remaining ingredients. Stir well. When well blended add back in the carrot mixture and blend well.

Pour the beef mixture in a large lasagne pan, spreading evenly. Top with mashed cauliflower mixture and spread evenly. Place the whole thing in the oven at 350 for about 15 minutes just to heat through then lightly broil the top to brown it just a little. You can also put it straight in the fridge and just heat it through later for a great make-ahead meal!

INGREDIENTS

Potato-less Mashed Topper

- 1 large peeled celery root
- 1 large cauliflower
- 4 large peeled parsnips (about 3 cups cubed)
- 2 tbsp butter
- 1 tbsp chopped garlic (optional)
- Sea Salt and Pepper to taste

Beef Filling

- 1 tbsp coconut oil
- 4 medium carrots
- 4 medium onions
- 1 can unsalted peas
- 3 lbs grass-fed ground beef (approx.)
- 4 cloves garlic, chopped (or 2 tbsp jarred chopped garlic)
- 2 tbsp hot mustard (I use Keen's)
- 4 tbsp tomato paste
- 1 tbsp chili powder
- 1 tbsp Montreal Steak Spice (or 1 tbsp fresh ground pepper and 1 tsp sea salt)
- 1 tbsp apple cider vinegar
- 1 tbsp Marmite (you can get this at any grocery store, often in the baking section, if you don't have it you can use Worcestershire sauce instead or simply omit it – keep in mind Worcestershire is not gluten free)
- 2 tsp honey (yup, honey)

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