

SERVES 6

Nutrition Facts: 340 calories, 11g fat, 5g saturated fat, 450mg sodium, 40g carbohydrates, 6g fiber, 23g protein

SHEPHERD'S PIE

Ingredients

½ pound lean ground beef (90% lean) ½ pound lean ground turkey (93% lean) 1 large onion, diced

4 carrots, diced

½ pound mushrooms, sliced

1 branch fresh thyme, leaves only 2 tablespoons fresh parsley, chopped

2 tablespoons all-purpose flour

1 cup low-sodium beef broth

34 teaspoon salt, divided

1 teaspoon black pepper, divided

½ cup frozen peas

1½ pounds Yukon Gold potatoes, cut into 2-inch pieces

1 head cauliflower, leaves and core removed, chopped into 2-inch pieces

½ cup 2% milk

2 tablespoons unsalted butter

Directions

- 1. Heat large skillet over medium heat and add drizzle of olive oil. Cook meat about 5 minutes, until brown, stirring frequently. Transfer to a bowl.
- 2. Keeping skillet over medium heat, add onions and carrots and cook about 5–8 minutes, until vegetables begin to soften. Raise heat to medium-high and add mushrooms, thyme, and parsley. Cook, stirring frequently, until mushrooms' liquid has evaporated, about 8 minutes. Return meat to skillet, stir in flour, and cook another 2 minutes. Add broth, ¼ teaspoon salt, and pepper and bring to a simmer. Stir in peas and cook 1–2 minutes. Pour mixture into 9x13-inch baking dish.
- 3. Preheat oven to 350°F. Place potatoes in large pot and cover by 3–4 inches with water. Add ¼ teaspoon salt and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4–6 more minutes. Drain water from pot. Using immersion blender, food processor, or hand masher, mash potatoes and cauliflower with milk, butter, ¼ teaspoon salt, and pepper until almost smooth.
- Spread potato and cauliflower mixture on top of meat and bake until heated through, about 25 minutes. Optional: after baking, to brown the top, place under broiler for 2 minutes.