

# SHEPHERD'S PIE

## INGREDIENTS

**4 cups cauliflower (1 medium sized head),  
cut into florets**

**2 tablespoons butter at room temperature**

**1 teaspoon garlic powder**

**1/4 teaspoon ground black pepper**

**1 pound extra lean ground beef**

**1/2 cup onion, diced**

**1/2 cup celery, diced**

**1 tablespoon garlic, minced**

**1 teaspoon ground thyme**

**1/4 teaspoon ground black pepper**

**1/2 cup frozen peas**

**1/2 cup frozen corn**

**1 cup no salt added beef stock**

**1 tablespoon corn starch**



**PREPARATION: 20 MINUTES**

**COOKING: 60 MINUTES**

**6 SERVINGS**

## Nutrient Analysis

**PER SERVING** 1/6 of recipe

**Renal exchange:**

4 Protein + 1 Vegetable

Calories	<b>215Kcal</b>
Protein	<b>34g</b>
Carbohydrates	<b>13g</b>
Fiber	<b>3g</b>
Total Fat	<b>10g</b>
Saturated Fat	<b>5g</b>
Cholesterol	<b>52mg</b>
Sodium	<b>133mg</b>
Potassium	<b>464mg</b>
Phosphorus	<b>204mg</b>

## PREPARATION

- 1** Preheat conventional oven to 375° F.
- 2** In a large saucepan, cover the cauliflower florets with water. Bring to a boil and simmer until the cauliflower is tender. Drain and put cooked cauliflower in a mixing bowl or food processor. Puree with butter, garlic powder, and black pepper.
- 3** Heat a skillet over medium heat and brown the beef. Add the onions, celery, garlic, thyme, and black pepper and continue to cook until the vegetables soften. Add peas and corn and bring to a simmer.
- 4** In a cup, mix together the beef stock and cornstarch. Add the stock slurry to the ground beef and vegetables. Continue to heat and stir until it thickens into a gravy.
- 5** To assemble the shepherd's pie, pour the beef and vegetable mixture into a baking dish (e.g. 9-inch square)\*. Smooth the cauliflower puree over the top.
- 6** Bake uncovered for approximately 30 minutes until gravy bubbles and cauliflower puree becomes slightly brown.

*\*For the photo our chef made mini pies in ovenproof glass cups. The cooking time for these is only 15-20 minutes.*