

Shepherd's Pie with Asian Flavors

Servings: 8

3 pounds sweet potato, peeled and cubed (about 2 large)

3 tablespoons coconut oil

1/4 cup coconut milk

1/4 cup water

1 tablespoon ginger, freshly grated

salt and freshly ground black pepper, to taste

1 tablespoon tallow or other cooking fat

2 pounds ground beef

2 cups beef stock, preferably homemade

1 cup carrots, peeled and thinly sliced on the bias

1 cup celery, sliced

1 cup mushrooms, sliced

1 cup onions, coarsely chopped

3 cloves garlic, minced

1/4 cup tamari or gluten-free soy sauce

1/4 cup water

2 tablespoons arrowroot powder

salt and freshly ground pepper, to taste



Preheat oven to 350 F.

Place the sweet potatoes in a large pot and cover with water; add a tablespoon of salt. Bring to a boil over high heat and cook until fork tender, about 20 minutes. Drain the potatoes and place in a food processor with the ginger and coconut oil. Whisk the coconut milk and water together in a large measuring cup; process the potatoes, adding the coconut milk mixture in a steady stream until the potatoes are a smooth but thick puree. Taste, season with salt and pepper as needed and set aside.

Melt the tallow in a large, heavy skillet over medium heat. Add the mushrooms to the pan in a single layer and cook, turning occasionally, until golden brown. Remove with a slotted spoon to a paper towel lined plate and set aside.

Increase the heat to medium-high and add the ground beef to the skillet, breaking it up with a spoon or spatula. As the meat browns, add the onions and garlic to the pan. Continue cooking, stirring frequently, until the meat is cooked through and the onions are beginning to soften. Drain the fat from the pan and discard.

Return the browned mushrooms to the pan, and toss in the carrots and celery; pour in the beef stock and soy sauce. Reduce the heat to low and simmer the mixture for 5 minutes. Whisk the arrowroot into the water and stir into the mixture in the pan; cook, stirring frequently, until slightly thickened. Taste, and season as needed with salt and pepper.

Pour the meat/vegetable mixture into a 2-quart casserole. Carefully spread the sweet potato puree evenly over the top. (At this point, the casserole can be tightly covered and refrigerated or frozen.) Place in the oven and bake for 30 minutes, or until the vegetables are tender and the sweet potatoes lightly browned on the top. Allow to rest for 5 to 10 minutes before serving.

Nutrition Facts

Nutrition (per serving): 559 calories, 32g total fat, 86.8mg cholesterol, 580.8mg sodium, 1170.3mg potassium, 42.3g carbohydrates, 6.4g fiber, 9.6g sugar, 25.4g protein.