

Irish Sheppard's Pie

Comfort food made low glycemic!

Makes 8 servings



INGREDIENTS

- 1 tablespoon Avocado oil
- 1 teaspoon black pepper
- 1 lb lean ground beef, turkey or lamb
- 1 large onions, finely diced
- 3-4 large carrots, finely diced
- 1 cup frozen peas
- 1 tsp ground Thyme
- 2 tablespoons Almond flour
- 1 tablespoon butter
- 3/4 cup red wine
- 2 tablespoons tomato paste (*or 3 Tablespoons Catsup*)
- 2 tablespoons Worcestershire sauce
- 1 cup stock
- 4 cups low-carb mashed potatoes (*from next page*)
- 1 eggs, beaten
- Optional parmesan or cheddar cheese (grated)



INGREDIENTS

1. Pre-heat oven to 400°F.
2. Sauté carrots in the Avocado oil until starting to get tender.
3. Add in the onions and sauté for a minute or two then add the meat.
4. Season with black pepper and thyme.
5. Cook until browned then drain fat.
6. Add the butter and peas.
7. Sprinkle with Almond flour and stir through.
8. Add tomato paste, wine and Worcestershire sauce.
9. Let this reduce slightly then add the chicken stock. Allow to reduce down until you have a thick meaty gravy. Season to your taste.
10. Remove from heat. Grease an oven proof dish** (9x13 works, as does an oval baker) with butter and add the sauce.
11. Spoon or pipe the mashed potatoes over top. Brush with egg and sprinkle with cheese if using.
12. Bake for about 20 minutes or until the potato is nice and browned on top.

Mashed “Potatoes”

More fiber and very few carbs!

(Makes 12 one cup servings)



Potato Cauliflower Mash

Ingredients

- 1 pound **baby red** potatoes
- 1 pound Daikon radish
- 2 pounds cauliflower pieces
- 1/4 cup butter
- 3 tsp minced garlic (to your taste preference)
- 1/2 cup milk
- 1/3 cup Heavy Whipping Cream
- 2/3 cup grated parmesan cheese
- 1/4 cup plain Yogurt
- Salt and pepper to taste
- 3 tablespoons Fibergy
- Chopped fresh chives for garnish

Directions

1. Peel radishes or celery root and cut into small pieces. Boil in salted water until tender. *(25-30 min.)*
2. Cut cauliflower into small pieces, add to sauce pan with garlic and butter, cover and braise cauliflower over medium heat, stirring every 3-5 minutes until stalks are tender. *(20-25 minutes.)*
3. Cut baby red potatoes in half lengthwise and boil in salted water until tender. *(about 20 min.)*
4. Warm milk/cream in microwave for 20 seconds.
5. Mash cauliflower and celery root/dikon radish. To avoid having chunks remain, use food processor or high speed blender. While gradually adding milk, puree to desired consistency.
6. Mix in Fibergy, parmesan cheese, yogurt, salt and pepper.
7. If not serving with gravy, serve topped with chives and ground pepper, or bacon bits and/or a dollop of the Uncle Dan’s “Ranch Yogurt Dressing” recipe from our cookbook.

