

HEALTHY SHEPARD'S PIE



Serves 6-8



INGREDIENTS

- 1lb ground meat (I used ground turkey)
- 1 cup green beans; cut in 1/2 inch bites
- 1 cup carrots; cut in 1/2 inch bites
- 1.5lb sweet potatoes; cut small, boiled, and mashed
- 2 tbs tomato paste
- 1/2-1 cup chicken broth
- Salt, pepper, paprika, italian seasoning, oregano, cayenne

DIRECTIONS

1. Preheat oven to 375 degrees
2. Boil potatoes until tender. Once done, mash potatoes and add salt, pepper, and Italian seasoning. Set aside.
3. In a deep saute pan, add oil and brown your ground meat. Once cooked, add carrots, green beans, tomato paste, chicken stock, salt, pepper, oregano, paprika, and cayenne seasoning.
4. In a pie baking dish, put the meat mixture evening throughout the pan. Then spread the sweet potato mash on top.
5. Bake for 25-30 minutes
6. ENJOY!!!

notes
