

# Shepherd's Pie

From ketorecipes.com

Servings: 4

## **Ingredients:**

Pie:

- 12 oz grass fed ground beef
- 1 tbsp, chopped onions
- 3 cup spinach (diced)
- 0.5 tsp salt
- 1 tsp, ground black pepper
- 0.5 tsp garlic (minced)
- 1 pinch red pepper (cayenne)
- 1 tbsp lemon juice
- 1 tsp, leaves oregano – dried

Cauliflower mash topping:

- 0.5 tsp salt
- 1 tsp, ground black pepper
- 3 cup cauliflower (grated)
- 2 tbsp grass fed butter
- 3 tbsp parmesan cheese - grated
- 1 tbsp, leaves basil - dried (chopped, fresh)

## **Instructions:**

1. Begin by cooking ground beef and onion over medium high heat. Drain half of the fat. Then add garlic and spices. Simmer over medium low.
2. Chop cauliflower florets and pulse in food processor, blender, or a manual cheese grater (use big holes). Pulse until you get a uniform rice mixture. If using cheese grater, grate into a big bowl, or directly into large sauce pan.
3. In sauce pan, cook grated cauliflower under medium heat. Stir in butter. Cook until most water has evaporated, about seven minutes. Add salt, pepper and Parmesan. Turn off heat.
4. Assemble meat mixture at the bottom of a Pyrex baking dish. Spoon cauliflower mixture on top. Top with grated cheddar cheese.

5. Bake in the oven, covered, for 30 minutes at 350 ° F. Then take off cover and Royal for 10 minutes. Let rest for another 10 minutes before eating.

---

Macros: (amounts will vary depending on brands used)

Calories: 211

Protein: 22g

Fat: 11.9g

Net Carbs: 6.8g