



## Lightened-Up Shepherd's Pie

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 carrots halved lengthwise cut into thin half-moons
- 2 pounds cauliflower cored cut into 1-inch florets
- 2 stalks celery finely chopped
- 2 tablespoons flour all-purpose
- 3 cloves garlic finely chopped
- 6 servings kosher salt and pepper black freshly ground
- 1 pound ground beef lean
- 1.3 cups chicken broth low-sodium

- 1 teaspoon olive oil extra-virgin
- 2 medium onions finely chopped
- 10 ounce peas frozen thawed
- 1 pound potatoes all-purpose peeled quartered
- 1 bunch scallions finely chopped
- 2 tablespoons tomato paste
- 2 tablespoons worcestershire sauce

## Equipment

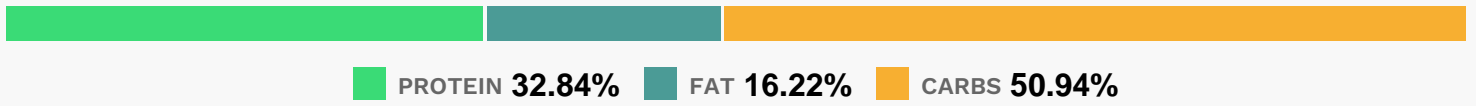
- frying pan
- oven
- pot
- baking pan
- potato masher
- wooden spoon

## Directions

- Watch how to make this recipe.
- Put the potatoes and turnips in a large pot and cover with cold water; season with salt. Bring to a boil and cook until tender, about 25 minutes; drain, reserving the pot.
- Meanwhile, make the filling: Cook the bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 10 minutes.
- Drain all but 1 tablespoon of the fat; add the beef to the skillet and cook, stirring occasionally, until browned, about 4 minutes.
- Add the onion, carrots and celery and cook, stirring, until the vegetables begin to soften, about 4 minutes.
- Add the mushrooms, thyme and tomato paste and cook, stirring occasionally, until incorporated, about 3 minutes.
- Stir the flour into the vegetables until incorporated, about 2 minutes.

- Add the broth, Worcestershire sauce, 3/4 teaspoon salt and a few grinds of pepper. Cook until slightly thickened, about 3 more minutes. Stir in the parsley.
- Combine the butter and milk in the reserved pot and cook over medium heat until the butter is melted. Return the potatoes and turnips to the pot and mash with a potato masher or wooden spoon until smooth. Stir in the parmesan and chives and season with salt and pepper.
- Transfer the filling to a 2 1/2-quart baking dish and cover with the topping, spreading evenly.
- Bake until the topping is golden, about 35 minutes.
- Let rest 15 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:79.99, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:33.739999874778%

### Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

### Nutrients (% of daily need)

Calories: 302.25kcal (15.11%), Fat: 5.62g (8.65%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 30.2g (10.98%), Sugar: 10.73g (11.92%), Cholesterol: 46.87mg (15.62%), Sodium: 266.86mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.21%), Vitamin C: 114.72mg (139.06%), Vitamin A: 5645.27IU (112.91%), Vitamin K: 54.44µg (51.85%), Vitamin B6: 1.01mg (50.61%), Potassium: 1495.77mg (42.74%), Vitamin B3: 8.15mg (40.73%), Folate: 158.62µg (39.66%), Fiber: 9.52g (38.07%), Manganese: 0.73mg (36.67%), Phosphorus: 364.05mg (36.41%), Zinc: 5.36mg (35.73%), Vitamin B12: 1.74µg (29.04%), Iron: 4.69mg (26.06%), Vitamin B1: 0.36mg (24.31%), Selenium: 16.81µg (24.01%), Vitamin B2: 0.38mg (22.46%), Magnesium: 86.45mg (21.61%), Vitamin B5: 1.96mg (19.6%), Copper: 0.38mg (19.16%), Calcium: 101.15mg (10.12%), Vitamin E: 1mg (6.68%)