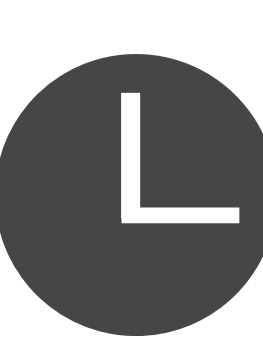



SWEET POTATO SHEPHERD’S PIE



Prep: 15



Cook: 45



Serves: 6

Ingredients:

- 1 1/2 lbs. ground chicken or turkey
- 3 garlic cloves or 1 tbsp. minced
- 1/2 tsp oregano
- 1 cup peas, frozen
- 1 1/2 lbs. sweet potatoes
- 1 yellow onion
- 1 cup Chicken or beef broth
- 2 tbsp. tomato paste
- 1/2 tsp Italian seasoning blend
- 1 tbsp. paprika
- 1 salt and pepper
- 1 tbsp. olive oil



Follow these 4 easy steps:



1

1. Preheat the oven to 375°F. Peel sweet potatoes. Place them in a large pot with just enough water to cover. Bring to a boil and cook until the potatoes are tender. About 10 minutes. Drain and mash, then season with salt, pepper, and Italian seasoning.



2

2. Heat oil in a large nonstick pan over medium-high heat. Sauté the onions for 3-4 minutes, then stir in the garlic and cook for a minute or so. Add the ground meat and cook, crumbling with a wooden spoon, until the meat is cooked through.



3

3. Stir in the tomato paste, oregano, paprika, salt and pepper, and broth. Simmer for a few minutes until the liquid is reduced, then stir in the peas.



4

4. Spread the meat mixture into a 2-quart baking dish. Add mashed potatoes on top and spread it evenly all the way to the sides. Bake until the potatoes are just starting to brown, about 25-30 minutes. Let rest before serving.



And voila! It’s done!