

SHEPHERD'S PIE

Recipe developed by Michele Ritchie, CSU Extension,
El Paso County Local Food Program Coordinator

PREP TIME

30 mins

COOK TIME

30 mins

SERVINGS

6

INGREDIENTS

1 lb ground beef	Salt and pepper (to taste)
1 medium onion, chopped	1/4 cup water
5 cloves garlic, chopped	
1 medium bell pepper, chopped	1 head cauliflower, chopped
3 carrots, chopped	3 tablespoons butter
3 celery stalks, chopped	1/4 cup milk
1/2 a bunch of parsley, chopped	

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Steam or boil cauliflower for 10 minutes until soft when pricked with a fork. Add butter and milk to the cauliflower.
3. Blend cauliflower with a stick blender or a potato masher until the consistence of mashed potatoes.
4. In a large oven-safe pan, brown the ground beef. Move to a bowl and set aside.
5. Add avocado oil to the pan you cooked the beef in and add chopped onions, peppers, carrots, and celery. Saute until soft (about 8 minutes)
6. Add to the sauted vegetables; garlic, and parsley. Cook 1- 2 minutes then add 1/4 cup water and worchestershire sauce, and cook 1 minute longer.
7. Return ground beef to the pan and stir together.
8. Top with mashed cauliflower and put in oven for 20-30 minutes.

Recipe notes:

You can use either mashed cauliflower or mashed potatoes for the topping.

What makes this recipe local?

Michele used ground highland beef from Arrowpoint Cattle Co. in Chaffee County (just over 100 miles from her El Paso County office) and garlic from her garden.