

THE BEST KETO SHEPHERD'S PIE RECIPE

yield: **6 SERVINGS**

prep time: **25 MINUTES**

cook time: **30 MINUTES**

total time: **55 MINUTES**

This delicious one-pan dish is an easy family-pleaser.

INGREDIENTS

- 2 tablespoons olive oil
- 1.5 pounds ground beef (you can use ground lamb, chicken, or turkey)
- 1/2 cup yellow onion, chopped
- 1/2 cup celery, chopped
- 3 cloves garlic, minced
- salt & pepper to taste
- 2 tablespoons tomato paste
- 2 10 oz. bags of frozen riced cauliflower (cook and drain as to remove excess moisture)
- 1/2 cup heavy cream
- 1 cup cheddar cheese, shredded
- 1 tablespoon butter
- 4 oz. cream cheese
- 1/2 teaspoon dried oregano

DIRECTIONS

- 1 Preheat oven to 350.
- 2 Heat oil in a skillet on the stove and cook meat, onion, celery, and garlic. Stir in tomato paste, and season with salt & pepper to taste.
- 3 If not using an oven-safe skillet, transfer meat mixture to a medium-sized casserole dish.
- 4 Heat up cauliflower in microwave according to package instructions, and drain if any excess water.
- 5 Place cauliflower in a food processor. Add in cheeses, cream, butter, and oregano. Process until mixture has a "mashed potato" consistency.

- 6 Spread mixture on top of meat evenly.
- 7 Place in 350 degree oven for about 30 minutes, until top is golden brown.
- 8 Cut and serve warm.

NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: 1/6 of pie

Amount Per Serving: Calories: 509, Total Carbohydrates: 7g, Fiber: 2g, Net Carbohydrates: 5g, Total Fat: 40g, Protein: 32g

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