

Cooktorials



Keto Shepherd's Pie

Ingredients

1. 8 - 12 oz cooked 93% lean ground beef or impossible meat
2. 1 tbsp + 1 tsp low sodium brown gravy mix or vegetarian brown gravy mix.
3. 1/4 cup water
4. 1 1/2 cups canned french cut style green beans, drained or cooked from frozen.
5. 1/4 tsp salt
6. 1/8 tsp black pepper
7. 1/4 tsp garlic powder
8. 1 1/2 cups cooked from frozen cauliflower, mashed
9. 1/2 cup shredded reduced fat cheddar cheese

Serves: 2-3 people

Instructions

1. Preheat oven to 350 degrees.
2. Follow cooking directions on back of package if using frozen green beans. If using canned green beans, drain liquid. Measure out 1 1/2 cups for the recipe and set aside the rest for another day (the smaller can should be perfect amount).
3. Combine cooked ground beef or impossible meat, gravy mix, water and green beans in a medium skillet.
4. Bring mix to boil, reduce heat and simmer 5-10 minutes.
5. Spread ground beef or impossible meat mixture on the bottom of small casserole dish (spray dish with Pam or olive oil).
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7. Add salt, pepper and garlic powder to mashed cauliflower then spread over the ground beef and green bean mixture.
8. Sprinkle cheese on top and bake for 25-30 minutes or until cheese has melted.

Prep Time: 45 minutes