

Shepherd's Pie Bowls

11 ingredients · 45 minutes · 4 servings



Directions

1. Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
2. While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
3. When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
4. To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

Notes

Lower Carb

Replace the yellow potato with more cauliflower.

Vegan Version

Replace the ground turkey with lentils or shredded tempeh.

Leftovers

Keeps well in the fridge for up to 4 days.

Ingredients

- 2 Yellow Potato (medium, chopped)
- 1/2 head Cauliflower (chopped into florets)
- 1 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, peeled and diced)
- 3 stalks Celery (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Poultry Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	313	Cholesterol	84mg
Fat	14g	Sodium	161mg
Carbs	25g	Vitamin A	5413IU
Fiber	5g	Vitamin C	55mg
Sugar	6g	Calcium	144mg
Protein	25g	Iron	3mg