

Turkey & Sweet Potato Shepherd's Pie



This recipe is the definition of comfort food! Serve with a crisp green salad for a complete meal and nice texture contrast.

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 tsp	Olive or Canola Oil
1 each	Onion, small, diced
1 each	Carrot, medium, diced
½ tsp	Kosher Salt
4 oz.	Mushrooms, any variety, minced
2 cloves	Garlic, minced
8 oz.	Ground Turkey (93% lean)
2 Tbsp	Tomato Paste
1 tsp	Thyme, dried (or 1 Tbsp fresh)
1 tsp	Worcestershire Sauce, low-sodium
1 Tbsp	All-Purpose Flour
1 cup	Chicken Stock, homemade or low-sodium
1 cup	Beans, any variety, canned, drained and rinsed (about ½ can)
1 cup	Peas, frozen and thawed
To Taste	Black Pepper
1 tsp	Balsamic Vinegar
2 cups	Mashed Sweet Potatoes (see separate recipe)
To Taste	Smoked Paprika (or Sweet)

CHEF'S NOTES

This recipe is extremely flexible: you can use any beans you have on hand. Cooked lentils also work well.

You can also customize the flavor profile to your liking. For a southwest version, swap the frozen peas for frozen corn and the thyme for 2 Tbsp chili powder, 1 Tbsp ground cumin, and 1 tsp oregano. You could also add a can of diced green chiles or a fresh jalapeno if you like more spice!

If using leftover mashed potatoes for your topping, you'll want to bake the dish in a 350°F oven for about 20-30 minutes until the potatoes are warmed through and lightly browned on top.

The prepared casserole can be frozen for up to 3 months – remember to label and date your container! Allow it to defrost in the fridge overnight before reheating in a 350°F oven for 45 minutes.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the broiler and prepare a broiler-safe casserole dish by spraying with non-stick cooking spray.
2. Heat a large sauté pan or skillet over medium-high heat. Once hot, add the oil and then the onion and carrots and sauté until translucent and lightly browned on the edges, about 2-3 minutes.

3. Add the mushrooms and continue to sauté until they are browned and have released most of their liquid, about 3-4 more minutes. Add the garlic and cook until fragrant, about 1 minute.
4. Make a space in the center of the pan by moving the veggies to the outer edges and add the ground turkey to the space, allowing it to brown on the first side, undisturbed for about 1-2 minutes. Stir and crumble, cooking until no pink remains, about 3-4 minutes.
5. Add the tomato paste, thyme, and Worcestershire sauce, stirring to coat the meat and vegetables evenly, allowing the tomato paste to darken in color, about 2 minutes.
6. Sprinkle the flour over the mixture and stir to coat evenly before adding the chicken stock. Stir continuously until stock thickens slightly.
7. Add beans, peas, pepper, and vinegar, stirring to combine. Transfer the mixture to the prepared casserole pan and top with the mashed sweet potatoes. Sprinkle with paprika.
8. Heat under the broiler until lightly browned on top and heated through. Enjoy!

Nutrition Facts	
5 servings per container	
Serving Size	1 cup (331 g)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 3g	14%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 40mg	14%
Sodium 430mg	19%
Total Carbohydrate 40g	14%
Dietary Fiber 9g	33%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0.25mcg	0%
Calcium 120mg	9%
Iron 3mg	18%
Potassium 1000mg	21%
Vitamin A 800µg	88%
Vitamin C 20mg	19%
Vitamin E 1mg	5%
Vitamin K 10µg	12%
Vitamin B-6 0.5mg	32%
Folate 100µg	24%
Vitamin B-12 0.7µg	28%
Phosphorus 290mg	23%
Zinc 3mg	24%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

