



Shepherd's Pie

INGREDIENTS

- 1 head of cauliflower
- 2 TBSP unsalted butter or ghee
- sea salt and pepper to taste
- 6 sliced of bacon, cut into 1/2 inch pieces
- 3/4 cup of diced carrots (I used bagged shredded carrots)
- 2 – 3 cloves of garlic, minced
- 2 pounds ground lamb or beef
- 1 – 2 fresh sage leaves (I used 1/4 teaspoon of ground sage)
- 1/4 teaspoon ground cinnamon
- 1 cup of frozen peas

INSTRUCTIONS

1. Preheat oven to 375 degrees.
 2. Chop cauliflower into 2 inch pieces and steam on stove for approximately 12 minutes.
 3. Once tender, remove and place in food processor along with butter or ghee and desired amount of salt & pepper. Blend until pureed.
 4. Cook bacon over medium heat in a skillet. After five minutes, add carrots and a pinch of salt and pepper. Cook for a few minutes.
 5. Add garlic and ground meat and blend with bacon and carrot mix.
 6. Once meat thoroughly browned, mix cinnamon and sage in.
 7. Place meat mixture in an oven-safe baking dish o(9X9 works great), add peas and top with cauli-mash.
 8. Bake for 20 minutes.
- <http://passionforpaleo.com/shepherds-pie/>