

Steve's Low Carb Shepherd's Pie

1 Lb grass fed ground beef or ground lamb
1 Tbl Oil
2 cloves chopped garlic
1 chopped green onion
1 medium chopped yellow onion
1 Tbl arrowroot (you can use cornstarch, but it adds carbs)
1 tsp Salt
¼ tsp Thyme
1 tsp Pepper (black, or aleppo, both work well)
1 cup Water
1 T organic tomato paste
2 T organic fresh parsley
1 cup steamed green beans



for topping:

1 head cauliflower
1 T ghee or grass fed butter
2 teaspoons salt OR teaspoon of chicken stock mix (the concentrated kind, I use "Better than Bouillon" Organic Chicken Base)
grated fresh black pepper (optional)

Optional:

8 Tbl shredded cheddar cheese
4 Tbl shredded parmesan
Sprinkle the top with paprika

Directions:

- Preheat oven to 400 degrees.
- Trim the cauliflower stems off the flowerettes, and cook till very soft. Mash with the butter and bouillon, and set aside for topping.
- In a hot skillet, brown the meat in the oil with the garlic, onions and green onion. When browned and the onion is tender, add salt, pepper and arrowroot.
- Cook 3-4 min., then add tomato paste and water and cook until thick and creamy.
- Add green beans and parsley. Taste and season at this point. If you like it spicier, add more pepper.
- Place in an uncovered casserole dish, and top evenly with the mashed cauliflower and add both grated cheeses. Bake 20 min until golden brown. Serves 4.

Nutrition Info (using all ingredients, including cheese): 351 cal, 21 g fat, 9 gm net carbs (13 carbs, 4 fiber), protein 28g. See <http://time2thrive.com> for more details.