

## Sweet Potato Shephard's Pie



### Ingredients:

- 3 large sweet potatoes, diced
- 2 lb ground turkey
- 5 tsp coconut oil or ghee
- 1 onion, chopped
- ½ c broccoli, cut into small florets
- ½ c carrots, diced
- 1 tsp garlic powder
- 3.5 tbsp tomato paste
- 1.5 tsp salt, divided
- 1.5 tsp pepper, divided
- ¼ c cream of full fat canned coconut milk
- 2 tbsp coconut aminos or lite soy sauce
- 2 tsp rosemary, divided
- 1 tsp thyme
- 1 tsp garlic powder

### Directions:

1. Preheat oven to 350
2. Grease a 9x13 baking dish with 1 tsp coconut oil or ghee
3. Steam sweet potatoes for 15-20 until soft
4. Heat a large sauté pan over medium heat for 2 minutes, add 2 tsp coconut oil or ghee until melted, then add half of your onion and sauté for 3 minutes or until they are translucent then brown your turkey for about 5-7 minutes or until cooked all the way through
5. Place into a large bowl and set aside
6. In same pan, sauté your broccoli and carrots in 1 tsp of coconut oil and ghee for about 5 minutes or until soft
7. Add to the bowl with the turkey along with tomato paste, coconut aminos, 1 tsp salt, 1 tsp pepper, garlic powder, ½ tsp rosemary, and ½ tsp thyme

8. Pack the mixture flat inside the greased baking dish
9. When your potatoes are done, place them in a medium bowl
10. Mash them using an immersion blender or masher
11. Sauté the rest of the onion in 1 last tsp of coconut oil or ghee until translucent
12. Add to the potatoes along with coconut milk, ½ tsp salt, ½ tsp pepper, and ½ tsp rosemary
13. Spread evenly over the meat later in the baking dish
14. Cook in the oven for 15 minutes