



Laura's Recipe Corner

Great Recipes from Laura McKay!

Paleo Shepherd's Pie Recipe

Yield: Serves about 6

Ingredients

Meat & Veggies Filling

- 1 onion, diced
- 2 cloves of garlic, minced
- 1 lb grass-fed beef or ground turkey (use beef or bison for Day 2 or 4 recipe)
- 2 large carrots, diced
- 2 celery stalks, diced
- 1 tsp pepper
- 1/2 tsp thyme
- 1/2 tsp dried rosemary
- 1/2 tsp salt
- 3/4 cup of beef broth
- 2 tbs tomato paste
- 2 tbs of olive oil or coconut oil for sautéing (use allowed Day 2 or 4 oil)
- *Fennel, shallot, leeks can be used in place of onion/garlic/celery sensitivities.
- Parsnips vs. carrots.

Potato Topping

- 2 large (or 3 medium) white-fleshed sweet potatoes
- 1/4 tsp garlic
- 1/8 to 1/4 tsp cayenne (adjust to taste)
- 1/2 tsp rosemary
- 1/4 cup coconut milk (can try hemp milk for Day 2 or 4 recipe)
- 1 tbs butter (or add a little more coconut milk instead) (or use ghee)



Instructions

- 1.) Peel and cut potatoes into chunks and boil in salted water about 20 minutes until tender (or use pre-baked potatoes)
 - 2.) Sauté chopped onion, celery and carrots in a skillet over medium-high heat about 10 minutes with 2 tbs of olive oil or coconut oil
 - 3.) Add the ground beef (or turkey) to the sautéed veggies, along with the meat seasonings and garlic; pan fry until beef is cooked through
 - 4.) Next add the tomato paste and stir in the beef broth
 - 5.) Simmer together about 10 minutes - keep mixture moist by adding a little more broth if necessary
 - 6.) Spoon meat mixture into in an oven-safe glass pie dish or casserole dish
 - 7.) In a medium saucepan or mixing bowl, mash cooked potatoes and add about 1/4 cup of almond or coconut milk - you want the potatoes creamy but still stiff so they hold their shape
 - Optional:** add 1 tbs of butter to the mashed potatoes (or a little more coconut or almond milk if needed)
 - 8.) Stir in potato seasonings, plus some salt and pepper to taste
 - 9.) Gently spread mashed potatoes over the beef filling
 - 10.) Bake at 350-degrees F for about 30 minutes
- Optional: after baking, place dish under oven broiler for 2-3 minutes to add a little brown crust (watch closely to avoid burning)

Serve steaming hot and enjoy!

<http://paleonewbie.com/paleo-shepherds-pie-recipe/>; Modifications in red by Laura McKay, B.S., Health Educator. Modifications are to make this recipe for Day 2 or 4 on the Bon Appetit Rotation Diet.



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