

Shepherd's Pie Recipe

4 cups cauliflower – cooked
4 ounces cream cheese (may use less fat brand)
2 tablespoons olive oil
¼ cup onion
2 garlic cloves, minced
¼ cup bell pepper
Salt & pepper to taste
1 lb. lean ground beef
1 cube beef bouillon
1 ½ tablespoon Worcestershire sauce
1 ½ teaspoon Italian dressing (may use light dressing)
½ cup green beans
½ cup sliced carrots
¼ cup shredded cheese (may use low-fat)

Preheat oven to 425 degrees Fahrenheit.

Blend cooked cauliflower and cream cheese until smooth. Set aside.

In a frying pan, add olive oil, onion, garlic, bell pepper, salt and pepper. Cook for 3 minutes. Add ground beef and cook until done. Add the beef bouillon cube Worcestershire sauce, Italian dressing, green beans and carrots. Simmer for 8 minutes or until vegetables are tender. (Fresh or frozen vegetables may be used. This will change cooking time a little.) Transfer to a baking dish.

Spread the cauliflower mixture on top of the meat mixture. Top with cheese. Bake for 12-15 minutes till thoroughly heated. Let stand 5 minutes prior to serving.

6 servings: 302 calories, 17.4 grams of carbs, 19.5 grams of fat, 12.8 grams of protein (This information does not take into account using light dressing, low-fat cream cheese, or using light cheese.)

