

Low-Carb Shepherd's Pie



Traditional comfort foods like shepherd's pie can still fit into a balanced diet—even for those managing diabetes or cholesterol. With a few tweaks, you can enjoy your favourite dish without compromising on health. Here, mashed cauliflower takes the place of potatoes, and you won't even notice the difference! My whole family loved it!

Bon appétit!

Preparation 20 min

Cooking 45 min

Servings 4

Nutrition Facts (per serving)

Calories 300

Fat 9

Carbohydrates 29

Fibre 9

Protein 28

Sodium 220

Ingredients

- 2 L (8 cups) cauliflower florets (about 1 large head, 15-18 cm in diameter)
- 5 ml (1 tsp) olive or avocado oil

- 450 g (1 lb) extra-lean ground beef*
- 85 ml (? cup) Worcestershire sauce
- 15 ml (1 tbsp) tomato paste
- 1 can (284 ml) corn
- 500 ml (2 cups) frozen mixed vegetables of your choice (e.g., for spaghetti, mixed medley, etc.)
- 85 ml (? cup) skim milk
- 5 ml (1 tsp) garlic powder
- Salt and pepper, to taste
- Smoked paprika, to taste

Preparation

1. Preheat the oven to 375 °F (190 °C).
2. Place the cauliflower in a large pot, cover with cold water, bring to a boil, and let simmer for about 10 minutes or until tender. Drain well.
3. Meanwhile, in a large skillet over medium-high heat, sauté the onion in oil. Add the ground beef, breaking it up with a wooden spoon, and cook until nicely browned. Stir in Worcestershire sauce and tomato paste.
4. In a 20 cm (8 in.) square baking dish, spread the meat mixture evenly and press it down lightly. Top with the corn and frozen vegetables. Set aside.
5. Using an electric mixer, blend the cauliflower and milk into a smooth purée. Season with salt and pepper, then spread the purée over the meat and vegetables. Sprinkle with smoked paprika if desired.
6. Bake for 20 minutes, then broil for about 5 minutes to lightly brown the top.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Can be frozen for up to 3 months.

*You can also use ground game meat (e.g., horse, bison, venison) for a lower-fat version.



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