Sweet Potato Shepard's Pie

Ingredients:

Makes: 1 casserole (1/4)
- 1 pound lean ground beef
- 2 medium carrots, chopped
- 1 small green bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp Rosemary, chopped
- 1 TBSP Chili powder
- 1/4 tsp Salt
- 1/4 tsp Black pepper
- 3 ounces tomato paste, low sodium
- 3 Medium sweet potatoes, peeled, cooked and mashed

Method:

- Pre heat oven to 375 degrees F.
- Heat a skillet on medium heat. Begin to brown ground beef.
- Once partially browned add carrots, onions, pepper, and garlic. Cook till soft about 10 minutes.
- Add tomato paste and seasonings set add spice.
- In a mixing bowl add sweet potato and chili powder.
- Place meat mixture into baking dish and top with sweet potato.
- Bake for 15 minutes and serve.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>1/4 of casserole</td>
<td>260 Calories</td>
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Tips on Sweet potato

How To Store: Store in dark dry place.

How To Use: Bake, boil, or stewed. Can be eaten with or without peel.

Health Benefits: Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy

Photo Credit: https://sarahlynnsmile.com
Recipe Credit: Chef Lila Bernal
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