Sweet Potato Shepard's Pie

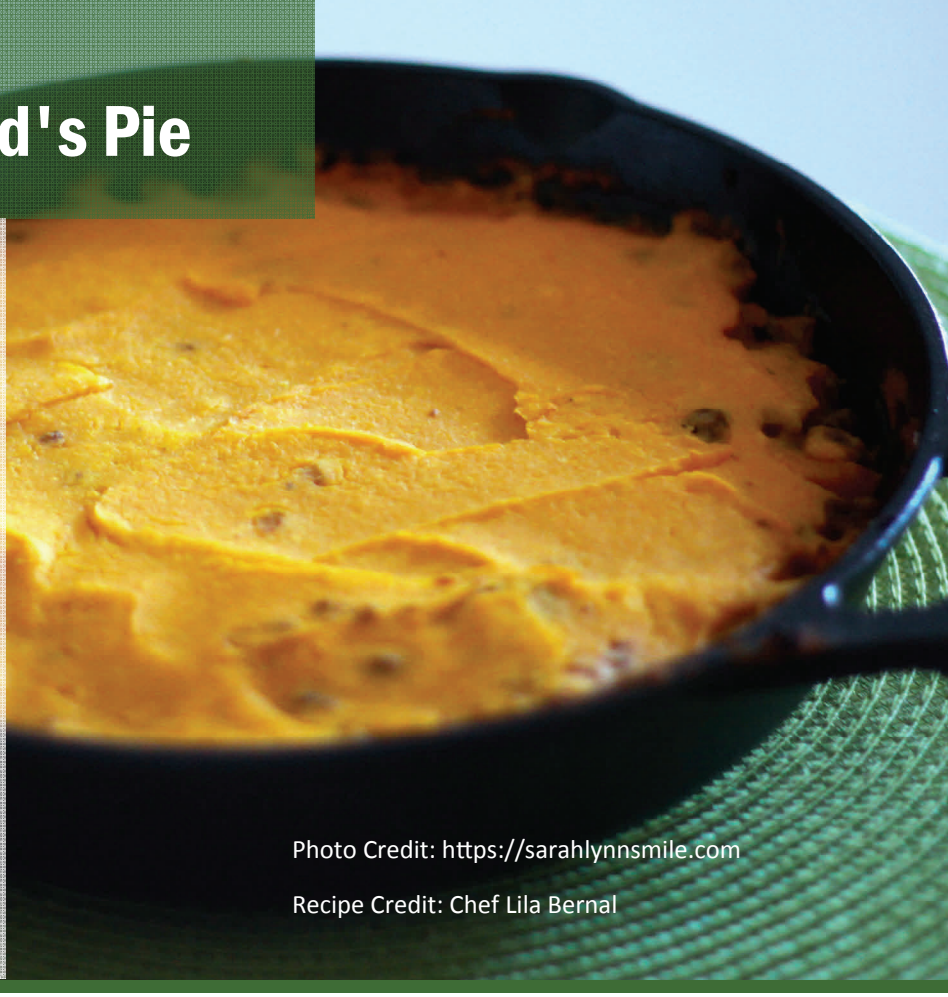

Photo Credit: https://sarahlynnsmile.com

Recipe Credit: Chef Lila Bernal

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

4 servings per container

Serving size 1/4 of casserole

Amount Per Serving

Calories 260

Total Fat 5g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 55mg	18%
Sodium 200mg	12%
Total Carbohydrate 31g	12%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 21g	38%
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2mg	10%
Potassium 1041mg	20%

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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

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