



Keto Shepherd's Pie

Ingredients

1. 8 - 12 oz cooked 93% lean ground beef or impossible meat
2. 1 tbsp + 1 tsp low sodium brown gravy mix or vegetarian brown gravy mix.
3. 1/4 cup water
4. 1 1/2 cups canned french cut style green beans, drained or cooked from frozen.
5. 1/4 tsp salt
6. 1/8 tsp black pepper
7. 1/4 tsp garlic powder
8. 1 1/2 cups cooked from frozen cauliflower, mashed
9. 1/2 cup shredded reduced fat cheddar cheese

Serves: 2-3 people

Instructions

1. Preheat oven to 350 degrees.
2. Cook ground beef or impossible meat in skillet stirring constantly until fully cooked (usually 7 minutes).
3. Drain grease from ground beef.
4. Start cooking instant gravy as directed.
5. Drain liquid from canned green beans. Measure 1 1/2 cups for recipe (smaller can of French cut green beans is perfect amount).
6. Add green beans, gravy mix and water to ground beef or impossible meat in skillet.
7. Mix and bring mixture to boil, reduce heat, simmer for 5-10 minutes.
8. Spray small casserole dish with olive oil or similar.
9. Spread meat mixture on the bottom of the small casserole dish.
10. Add salt, pepper and garlic powder to cooked mashed cauliflower and spread evenly over the meat mixture in the casserole dish.
11. Sprinkle cheese on top of mashed cauliflower and bake for 25-30 minutes or until cheese has melted.

Prep Time: 45 minutes