



FOR THE LOVE OF YOU COACHING

BY RACHEL



Sweet Potato Sheperd's pie

Ingredients

Pie Filling:

- 2lbs grass-fed ground beef
- 2 peppers (red, green, yellow or orange), chopped
- 1 large onion, chopped
- 2 cups of mushrooms, diced
- 8 garlic cloves, minced
- 2 tsp of chili powder
- ½ tsp of dried rosemary or dried herb of choice
- 1 tsp Sea salt
- ½ tsp black pepper
- 6oz tomato paste
- ½ cup water

Sweet Potato Topping:

- 4 large sweet potatoes
- 2 tbsp coconut oil
- 1 tsp chili powder
- ½ tsp Pink Himalayan salt

Instructions – Serves 8

1. Preheat oven at 375 degrees Fahrenheit
2. In a skillet on medium heat, add the ground beef, onions, peppers, mushrooms and garlic.
3. Cook about 12-15 minutes. Begin making the topping while the meat filling is cooking.
4. Once meat is ready, add tomato paste, water, seasonings, salt and pepper to meat filling.
5. For the topping. Boil sweet potatoes until fork tender. Mash with coconut oil
6. Transfer the meat filling to a 9" x 13" casserole and top with the sweet potato mash. Dash with salt and chili powder
7. Bake for 10 minutes.
8. Remove from oven and serve