

Deconstructed Shepherd's Pie

Active Time: 25 minutes | Total Time: 25 minutes | Serves: 4

Nutrition Information Per Serving

407.6 calories, 14.25 g carbohydrate, 5.33 g fiber, 8.92 g NET carbs, 31.23 g protein, 26.18 g fat

Ingredients

- 2 clove(s) garlic, minced
- 1/2 tsp(s) sea salt
- 1 Tbsp virgin coconut oil
- 1/4 tsp(s) freshly ground black pepper
- 1 head cauliflower, steamed
- 1/4 Tbsp(s) fish sauce
- 1 large onion
- 1 pound grass-fed beef
- 4 ounce(s) pastured chicken livers, pureed
- 2 Tbsp(s) pastured lard
- 1/2 cup(s) organic peas
- 2 tsp(s) smoked paprika

Preparation

1. Combine ground beef and chicken livers in a medium bowl.
2. Finely dice half of the onion (for the aromatics), and finely slice the other half (for the topping).
3. In a large saute pan, add the coconut oil and heat over medium heat. Add the onion and garlic and cook, stirring with a wooden spoon, until translucent and just beginning to brown. Add the meat mixture and cook, stirring, for 8-10 minutes to cook through.
4. Add the smoked paprika, fish sauce, ½ tsp. salt and ½ tsp. pepper. Stir well to combine. Add the organic peas, stirring until heated through. Turn off heat and cover to keep warm.
5. Meanwhile, make the cauliflower mashers. Add the steamed cauliflower to a food processor (alternately, you can process with an immersion blender). Add lard and process until smooth. Season with sea salt to taste.
6. Finally, make the caramelized onions. Add sliced onion to a safe non-stick skillet with remaining coconut oil, bacon fat or lard. Let cook on medium until onions are golden in color.
7. To serve, scoop out portions of ground meat mixture, top with mashed cauliflower and garnish with caramelized onions.

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