



Turkey Sweet Potato Mini Shepherd's Pie

BY BABY FOODE

🕒 15 MINS PREP | 🕒 1 HR COOK | 🍴 4 SERVINGS

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INGREDIENTS

1 pound ground turkey	1/2 cup 2% milk
1/2 teaspoon olive oil	2 teaspoons tomato paste
1/2 onion peeled, chopped	1 teaspoon thyme
2 carrots peeled, chopped	1 pinch allspice (optional)
1 parsnip peeled, chopped	1 pinch mustard (optional)
1 cup frozen peas	1 pinch chili powder (optional)
1/4 cup low sodium chicken broth	1 dash salt, to taste
1 clove garlic peeled	1 dash pepper, to taste
2 sweet potatoes peeled, diced	1 pinch paprika

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 238mg
Total Fat 10g	Fruits 0 servings
Carbs 25g	Vegetables 0.56 servings
Calories 298kcal	Added Sugar 0g
Fiber 5.5g	Healthy Fats 0.12 servings
Calcium 107mg	Saturated Fat 2.86g

Method

1. Preheat oven to 400° F.
2. Peel and dice sweet potatoes into 2" pieces and put into medium size stock pot. Fill with water until the potatoes are just covered. Add clove of garlic to water. Bring to boil and let cook for 15-20 or until potatoes are easily pricked with fork. Drain and let cool.
3. In large skillet over medium heat, add 1/2 of the oil and cook turkey until browned roughly 10 minutes.
4. Make sure to get in there with a wooden spoon to break the turkey down into little pieces. Remove turkey from skillet and let cool on separate plate.
5. Add the rest of the olive oil to skillet and cook onion for 3 minutes.
6. Add in garlic and cook for 1 more minute.
7. Add in carrots and parsnips and cook for another 10 minutes.
8. Add peas, chicken broth, and tomato paste. Season with salt, pepper, allspice, mustard, chili powder and fresh thyme.
9. Simmer for an additional 4-5 minutes on low heat.
10. In medium bowl, take sweet potato chunks and mix extremely well with milk. You can either use your muscles for this or a blender. Either way, leave potatoes semi-chunky.
11. Using individual ramekins or pie dish, layer the meat/veggie mixture on the bottom followed by the mashed sweet potatoes on top. Sprinkle paprika on top.
12. Bake for 20 minutes. Let cool before devouring the pie.

