

Shepherd's Pie with Sweet Potato Topping

(serves 6)

Per serving: 410 kcals, 49g carbohydrate, 9g fibre, 21g protein, 15g fat, 233mg sodium

Featuring Carotenoids: betacarotene, lutein, and zeaxantin in the sweet potato and carrots. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxantin prevent macular degeneration.

Comfort food at it's finest! Warm up with this delicious and nutritious Shepherd's Pie. Sweet Potato is substituted for potato to boost the carotenoid content in this modern take on a traditional family favourite.

Ingredients



- 1 1/2 cup sweet potato, peeled and cubed
- 2 tbsp non-hydrogenated margarine
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 tsp canola or avocado oil
- 1 onion, chopped
- 2 garlic cloves
- 2 carrots, peeled and diced
- 1 lb lean ground beef
- 1/3 cup split red lentils
- 1 cup beef or chicken broth
- 1 tomato chopped
- 2 tbsp ketchup
- 1/2 cup frozen green peas

Method

1. Preheat oven to 375 degrees Fahrenheit. In a large pot, cover diced sweet potato with water and set over medium-high heat. Bring to a boil, reduce heat and simmer for 20 minutes. Drain and mash with non-hydrogenated margarine, salt, and pepper. Set aside.
2. Heat oil in a large frying pan (or dutch oven) over medium-high heat and sauté onion for 3-4 minutes until softened. Add garlic, carrots, and beef. Cook, breaking the meat up until it is cooked through and no longer pink.
3. Add lentils, broth, tomato, and ketchup. Bring to a simmer, stirring. Add peas and pour into a 2-litre baking dish (or leave in dutch oven). Top with mashed sweet potato.
4. Bake uncovered in the oven for 30 minutes until the filling is bubbling around the edges. Enjoy! Delicious served with steamed green beans and a tossed green salad!