

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Shepherd's Pie

### *Ingredients:*

500 grams	Extra Lean Ground Beef
1tbsp	Oil
1	Onion, chopped
1 clove	Garlic, minced
1	Carrot, chopped
1 cup	Peas (Frozen or Fresh)
1 cup	Canned tomatoes, crushed
1 cup	Stock (beef or chicken)
1 tsp	Turmeric, dried
1/2 tsp	Oregano, dried
1/4 tsp	Cinnamon
1 tsp	Salt

### Topping:

700 grams	Sweet Potatoes (about 2), peeled and chopped
1 tsp	Salt
1 tbsp	Butter
1/4 tsp	Turmeric, dried
	Pepper to taste

### *Directions:*

1. In a large pot, cook beef until browned. Transfer to a plate. In same pot cook onions, garlic, carrots and peas until onions are browned.
2. Return beef to pot. Add tomatoes, stock, turmeric, oregano, cinnamon and salt. Cook for about 30 minutes. Transfer to an oven proof dish. Set aside.
3. In a separate pot, boil water, and cook potatoes until soft. Drain and return to pot. Add salt, butter, turmeric and pepper. Using a potatoes masher or fork crush potatoes until desired consistency.
4. Top beef mixture with potatoes. Cover and cook in 350 degree F oven for 30 minutes. Uncover. Cook for 10 minutes longer.