



Shepard's Pie Muffins

INGREDIENTS

1 lb ground turkey 99% lean	½ tsp oregano	2 garlic cloves, crushed
2 TBS Worcestershire Sauce	½ large onion, finely diced	1 TBS A1 Sauce
1 cup frozen peas (or fresh)	3 small sweet potatoes	1 cup frozen carrots (or fresh)
2 tsp butter	1 tbsp extra-virgin olive oil	½ tsp cinnamon
1 cup mushrooms, finely chopped	¼ head cauliflower	½ cup organic chicken stock
¼ cup milk; more if needed	Salt and pepper, to taste	

DIRECTIONS

Turkey: Preheat oven to 400. In a large cast-iron skillet, heat oil and 1 clove of garlic. Add onions, peas, carrots and mushrooms and let cook for 5 minutes or until translucent. Add turkey and let cook until brown. Add stock, salt, pepper, oregano, Worcestershire and A1. Reduce heat and let simmer for 10 minutes. Set aside.

Sweet Potato Mash: Wash thoroughly. Cut ends off of potatoes so they will sit in the cupcake tins comfortably. Brush tops with olive oil. Microwave 3 halves at a time, for 6 minutes, until soft in the middle. Let cool. Scoop out inside of potatoes into a large bowl - leaving approx 1/8 – 1/4 inch of potato around edges. Set scooped skins aside. Mash potatoes with 1 tsp of butter and cinnamon. Set aside.

Cauliflower Mash: Chop cauliflower pieces. In a large pot fill the bottom with ¼ cup water. Steam cauliflower until soft. Add 1 tsp butter, milk, 1 clove of garlic, and salt. Start to combine/mash by hand a bit. Transfer to food processor or blender and blend until smooth.

Assemble and Cook: Line HALF of a standard cupcake pan with paper liners (6 only). Place the 6 hollowed-out sweet potato skins in the others. Divide the turkey mixture evenly between the 12 cups. Top the potato skin/turkey cups with the mashed potato mixture. Top the paper/turkey cups with the mashed cauliflower. Bake for 15 minutes then on broil (high) for 5 minutes until tops are golden. Makes 6 Sweet Potato Mash Cups; 210 each and 6 Cauliflower Cups; 160 calories each.