

Sweet Potato Shepherd's Pie

Serves 6

From: healthyfitnessmeals.com

Ingredients:

- 1.5 lbs. sweet potatoes , peeled and chopped
- ½ tsp. Italian seasoning
- sea salt and pepper, to taste
- 1 Tbsp. olive oil
- 1 medium yellow onion, diced
- 1 ½ lbs. lean ground turkey
- 2 Tbsp. tomato paste
- 3-4 garlic cloves, minced
- ½ tsp. dried oregano
- 1 Tbsp. smoked paprika
- 1 cup chicken broth
- 1 cup frozen corn or vegetables of choice

Directions: Preheat the oven to 375°F. Place the sweet potatoes in a large saucepan with just enough water to cover. Bring to a boil and cook until the potatoes are tender. About 10 minutes. Drain and mash, then season with salt, pepper, and Italian seasoning blend. Heat oil in a large nonstick pan over medium-high heat. Sauté the onions for 3-4 minutes, then stir in the garlic and cook for a minute or so. Add the ground meat and cook, crumbling with a wooden spoon, until the meat is cooked through. Stir in the tomato paste, oregano, paprika, salt and pepper, and broth. Simmer for a few minutes until the liquid is reduced, then stir in the peas. Spread the meat mixture into a 2-quart baking dish. Add mashed potatoes on top and spread it evenly all the way to the sides. Bake until the potatoes are just starting to brown, about 25-30 minutes. Rest, then serve and enjoy!

Nutrition Facts: Calories 328, Fat 12g, Sodium 329 mg, Carbohydrate 30g, Fiber 6g, Protein 25g, Potassium, 827mg