

# Shepherd's Pie



**PREP TIME:**  
20 MINUTES

**COOK TIME:**  
25 MINUTES

**TOTAL TIME:**  
45 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

## Ingredients:

- 16 oz. Organic Grass Fed Ground Beef
- 1 TBSP Olive Oil
- ½ Cup Onion – Chopped
- 5 Garlic Cloves – Minced
- 1 Cup Carrots – Roughly Chopped
- ¾ Teaspoon Himalayan Sea Salt
- 1 ½ Cups Organic Baby Spinach – Sliced Thin
- 2 Cups Organic Red Skin Potatoes – Cut into ¼'s
- 1 Cup Non-Dairy Unsweetened/Unflavored Milk (Almond or Coconut)
- 4 TBSP Vegan Butter
- ¾ Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 1 Packet Brown Gravy Powder (I used Organic Simply Organic Brown Gravy)

## Instructions:

1. Preheat oven to 350 degrees.
2. In a medium sized pot, add 3-4 cups of water. Bring to a boil.
3. Add potatoes and let cook on medium for 12-15 minutes until soft. Once fork easily pierces through, they are done. Drain water and pour potatoes back into pot.
4. Add milk, butter, ¾ teaspoon salt and cracked pepper. Mash until smooth and all is blended. Depending on the potatoes, you may need to add slightly more milk.
5. In the meantime, in a large frying pan, warm up olive oil. Add onion and carrots. Cook 5 - 7 minutes until starts to soften.
6. Add garlic and cook another minute. Add beef to pan. Sprinkle with salt.
7. Gently stir meat until completely cooked through. Turn off heat and add in spinach until wilted.
8. In a small saucepan, add 1 cup of water and gravy packet contents. Use a whisk and keep whisking until thickens into a gravy – takes about 5 minutes.

9. Once thickened, add the gravy to the meat mixture incorporating all the way through.
10. Lightly coat (with olive oil) the bottom of a stone baking dish – 6X9 and evenly add the meat mixture to bottom.
11. Top with mashed potatoes evenly coating on top of the meat mixture.
12. Add pan to center rack of oven and cook for 25 minutes.

**\*Try and use all organic ingredients if possible.**

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