

Indian Beef Shepherd's Pie

50	4	240	30 G
MIN	SERVINGS	CAL	PROTEIN

🕒 Prep Time: 15 min

🕒 Cook Time: 25 min

🕒 Total Time: 50 min

Ingredients:

- ☐ 1 pound Ground Beef (93% lean or leaner)
- ☐ 1 head cauliflower, cut into florets and stem pieces
- ☐ 1 teaspoon salt, divided
- ☐ 1/4 teaspoon turmeric
- ☐ 1-1/2 teaspoons ground ginger
- ☐ 1-1/2 teaspoons garam masala
- ☐ 2 medium tomatoes, seeded, diced (about 1-1/2 cups)
- ☐ 1/2 cup frozen peas
- ☐ 1 medium lemon, sliced into wedges



Cooking:

- 1 Place cauliflower in large saucepan. Cover with water; bring to boil. Cook 10 minutes or until very tender. Reserve 1/4 cup of the cooking liquid. Drain cauliflower and return to pot. Mash cauliflower with potato masher until slightly chunky. Stir in reserved 1/4 cup cooking liquid, 1 tablespoon at a time to moisten. Season with 3/4 teaspoon of salt and turmeric.
- 2 Meanwhile, heat large ovenproof nonstick skillet over medium heat. Add ginger and garam masala; cooking until spices are fragrant, about one minute. Add Ground Beef and tomatoes, cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Pour off drippings, as necessary. Season with remaining 1/4 teaspoon of salt. Remove from heat and stir in peas.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

- 3 Preheat broiler to high. Spread beef mixture in even layer in skillet. Spread cauliflower mixture evenly over beef mixture. Place skillet on oven rack so surface of cauliflower is 3 to 4 inches from

heat. Broil 12-15 minutes or until the cauliflower is golden brown. Cool slightly. Serve with lemon wedges.

Test Kitchen Tips

Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.

