



# Sweet Potato Shepherd's Pie (Paleo, Whole30)

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It's Day 3 of the #SeptemberWhole30 and I'm tingling all the taste buds with this Sweet Potato Shepherds Pie! If there's been a staple item in my diet since I've started my Clean Eating Journey a few years ago, this Shepherds Pie is definitely it! It was one of the 1st recipes I attempted since it's nearly impossible for anyone to mess up and I've kept it around ever since.

I've tried all sorts of different variations, but there's something about the Savory Beef Filling & Sweet Potato topping that earned this variation a laminated spot in my Eat Clean Queen recipe binder. In addition to a 1/4 Lb of Beef per person, this nutrient dense dish also packs in A LOT of veggies including Celery, Carrots, Bell Peppers, & Onions. I promise one serving will leave you STUFFED!

## INGREDIENTS:

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### *Pie Filling*

- 2 Lb. Ground Beef,
- 5 Carrots, peeled and diced
- 2 Bell Peppers, diced
- 2 Onions, diced
- 2 Celery Stalks, diced
- 5 Garlic Cloves, minced
- 6 oz. Can Tomato Paste
- 1 Tbsp Chili Powder
- 1 tsp Dried Rosemary
- Salt & Pepper to taste

### *Sweet Potato Topping*

- 4 Large Sweet Potatoes, peeled and cut into 1-2" cubes
- 1/4 Cup Miyokos Butter
- 1 tsp Chili Powder
- Salt & Pepper to taste

## INSTRUCTIONS:

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1. Preheat your oven to 375°F. Line 2 baking sheets with Parchment Paper and spread cubed Sweet Potatoes out evenly. Bake for 15 minutes, or until tender, flipping every 7-10 minutes.
2. Place a large skillet over medium heat and add your Carrots, Peppers, Celery, Garlic & Onions. Cook for 5-7 minutes then add Ground Beef.
3. Continue cooking until Ground Beef is cooked through and no longer pink, about 10-15 minutes.
4. At this point, your Sweet Potatoes should be cooked. Transfer them to a food processor with all of the other topping ingredients and process to combine, about 2-3 minutes. Make sure they are very smooth to avoid a lumpy topping! Set aside.
5. Raise oven to 400°F. Once your Ground Beef is cooked, stir in your tomato paste, seasonings, and a splash of water. Mix well to combine.
6. Transfer Ground Beef mixture to a 9x13 Baking Dish and spread it out evenly across the bottom. Using a rubber spatula, top evenly with Sweet Potatoes and transfer to the oven for 10 minutes.
7. Remove from the oven and transfer to your broiler on high to get a slightly crisp crust! Remove after 90 seconds, top with fresh parsley and Enjoy!

**MAKES 8 SERVINGS**

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